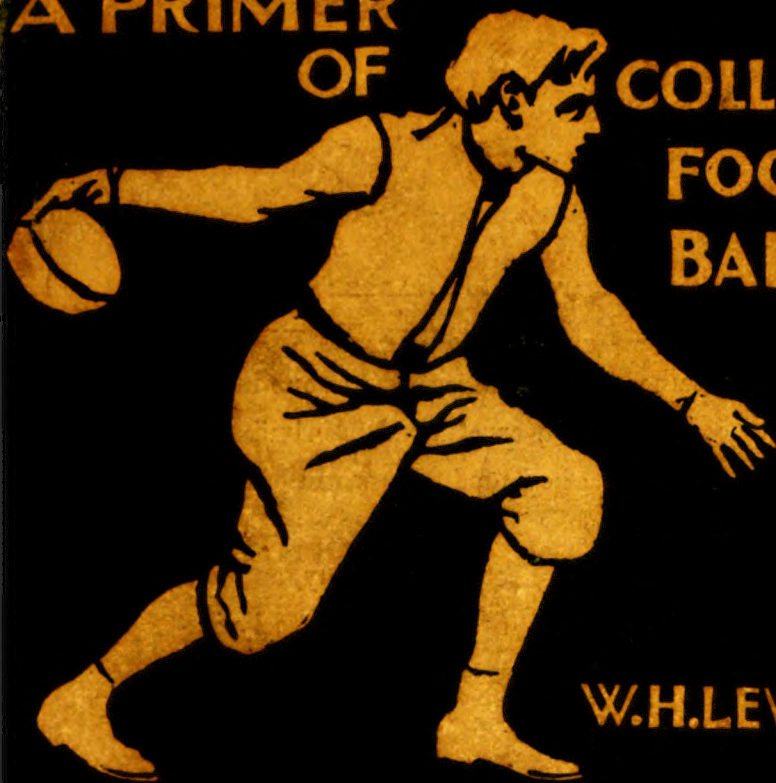


**A PRIMER
OF**

**COLLEGE
FOOT
BALL**



W.H.LEWIS

AMATEUR SPORT

This department in HARPER'S WEEKLY, conducted by Mr. CASPAR WHITNEY, has attained a position second to none in this country, for its careful and discriminating treatment of events in the world of sport. All phases of sport are chronicled and discussed promptly, thoroughly, and impartially, and illustrations are freely employed. Mr. WHITNEY has earned an enviable reputation for the unbiased and frank character of his comment and criticism, and the value of his efforts towards raising the standards of amateur sport is recognized by all true sportsmen.

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A PRIMER
OF
COLLEGE FOOTBALL

BY

W. H. LEWIS

SOMETIME PLAYER AT AMHERST COLLEGE
AND HARVARD UNIVERSITY

"All of which I saw and part of which I was"

WITH ILLUSTRATIONS FROM
INSTANTANEOUS PHOTOGRAPHS



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TO
HERBERT H. WHITE
"A TRUE HEARTED FRIEND"

PREFACE

THE fact that several very excellent books have been written upon football during the past few years would seem to leave little or no room for another.

The excuse for adding another may be found in the wish to provide a primary work for the great army of beginners within and outside of the Fitting Schools.

If the writer has succeeded, even in a small way, in teaching the youthful football idea how to shoot, so to say, he will have been amply repaid for his pains.

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A PRIMER
OF
COLLEGE FOOTBALL

FOOTBALL A SCIENCE

THAT football is a scientific sport seems to be pretty generally conceded by all. Its title to that distinction rests upon a reduction of the game to scientific principles within the last few years.

The player is now told not only what to do, but how to do it.

If a science be simply systematized knowledge, or a particular class of facts logically arranged and explained by natural laws, then football may be rightly placed in that category, as will appear from the text.

Football is more like military science than any other. It has been well called "a game of war." The training of the individual is not unlike that of the soldier. The player must understand the fundamentals of catching, passing, dropping, etc., the same as the soldier does his manual of arms. He must learn position playing—end, tackle, half-back, etc.—the same as the soldier that of private, sergeant, captain. The whole body considered, the eleven must know its plays, direct and strategic, just as the company or battalion its marches and counter-marches. Offensive and defensive tactics are equally necessary to both. Superb generalship is just as requisite for the former as the latter. The rigid discipline of the army is the discipline of the eleven.

Football has this in common with all other sciences: that only so much can be learned from the books and blackboard.

The student must go to the laboratory for the major part of his knowledge. The laboratory of football is the *gridiron*. If the reader would learn the game, an hour or so a day of work on the *field* will be required. The most that can be offered herein will be a few hints and directions.

Football as a science divides itself naturally into the Individual and the Team. The Individual may be subdivided into Fundamentals and Position Play. Fundamentals comprehend Passing, Catching, Dropping on the Ball, Kicking, Blocking, Making Holes, Breaking Through, Tackling. Under this head the Saving of Injuries would also naturally come. By Position Play is meant End, Tackle, Guard, Centre, Quarter-Back, Half-Back, Full-Back, and Captain.

Team is divided chiefly into two parts : the Offence and Defence. The offence comprises the Direct Attack (what is know as Straight Football), the Indirect

or Strategic (commonly called Trick Play), and Kicking. Incidental to all these methods of advance is Signalling. Lastly, the offence must include Offensive Generalship, or when and where to use the different kinds of offence.

The defence embraces the General Defence, the Theory, Styles of Defence, Defence to Particular Plays, and Defence at Given Points of the Field.

The subject of Training has been generally considered by previous writers. While it is not, properly considered, a part of the sport any more than it is of any other game, yet good training being of such vital importance and consequence to the eleven, the writer has thought it best to add a supplementary chapter upon that subject.

Part 1

THE INDIVIDUAL

THE first thing to be done in making an eleven is to select the individuals, teach them the fundamentals, and each the play of his particular position; then forge the whole together into one machine—"the Team."

CHAPTER I

FUNDAMENTALS

1. *Passing*.—There are three kinds of passing: the straight-arm, the underhand, and the overhand. There is also passing by a toss and handing. The straight-arm pass is used generally for long, low passes to the open, because of its swiftness and accuracy. This pass is made by taking the ball in the palm of the hand, the ends pointing up and down the arm, the fingers firmly clutched over the end farthest from the body; then extending the arm at an angle with the body of about 65° , using the opposite foot as a pivot (accordingly as the pass is made with one hand or the other), bring the arm and body quickly, with a swing and



Photo -

a snap, directly in line with the object of the throw ; then let the ball go, end over end, revolving upon its shorter axis, as in Fig. 1.

There is also a second straight-arm pass, used for distance and elevation—employed generally in passing in from touch (side-lines), because it must be passed over heads of forwards. The ball should be held same as in the former pass, the arm started at about an angle of 45° from side of the body, and the ball thrown upon a curved line. In both these passes, care should be taken not to violate the rule against forward passing.

The underhand pass is used in passes made by the quarter to the full back. The ball is held as in the straight-arm pass. The pass should be started from about an angle of 45° to the rear of the body, the arm passing by the body to the front, describing an arc of a circle, letting the ball roll off the tips of the fingers.

The body should be well forward and knees bent, similar to the position of a bowler. See Fig. 2.

The overhand pass is of dubious value, though used by some quarter-backs. One thing may be said : It never goes over the head of the half-back. If missed, it can be easily fallen upon. The pass starts from taking of the snap, the arm being carried above the shoulder, going through about a three-quarter circle and then going off on a tangent.

The toss is generally made in getting the ball to the back when plunges are made through the flanks of the line. This should be done with both hands, as it is safer and just as quick, though, as often, it may be done with one hand. The toss must be made quickly and before the quarter moves from his position.

Handing the ball is used in giving the ball to the back trying to advance through the centre. The ball should be picked up



and given to the back just where he is used to carrying it ; if in the groin, place it there ; if under the arm, put it under his arm. He has no time to place it himself.

2. *Catching*.—As a rule, the ball should be caught with the arms and the body. The backs may be allowed much latitude in the matter. In fact, the more of a baseball catch they can make, the more quickly can they return the ball, in case of a punt (or touch to the ground, to run), or place it into the carrying arm, for a run.

For the forward, the ball should be caught in one of two ways : first, take the ball, whether punted or thrown, on either side, letting the arm on the side where you catch the ball be under the ball, and the other arm and hand hooked over the upper end of the ball, as shown in Fig. 3.

Second, a punted or thrown ball may be caught by receiving the ball in the

groin, right-angling the body around it and placing both hands over it.

A third method has been very much in vogue for catching punts, which is rather uncertain and difficult, *i. e.* : The ball strikes the chest, both arms being extended, and the ball is grappled the moment it lands. The difficulty is that if the arms are too wide apart the ball goes through and is missed entirely, or the ball, striking the chest very hard, rebounds before the would-be catcher can secure it. Besides, taking the ball so high up upon the body, it is more likely to be misjudged.

3. *Dropping on Ball.*—There are two kinds of balls the player must learn to drop on—a moving ball and a dead ball. There are just four ways of falling upon a ball: first, dropping upon the knees, to break the fall, then covering the ball with chest; second, dropping straight from the toes, breaking the fall with the elbows, and



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by landing upon the ball with the chest ; third, diving upon the ball by leaving the ground and leaping in the air, the fall being broken by elbows and the ball ; fourth, sliding, feet foremost, and taking the ball under the arm in passing it.

Take first a moving ball. A ball moving away from the runner may be obtained in either of these ways—the first is the simpler and the preferable : Let the player run to within reaching distance of the ball, suddenly drop upon his knees, as in Fig. 4, and then gather the ball up under his chest, “grappling it with hoops of steel,” as in Fig. 5.

A moving ball should not be dived for, unless its motion has nearly ceased, because the player is likely to either over-reach or under-reach it. Sliding feet foremost is only valuable in obtaining a ball that has gone into touch. Its value lies in the fact that the runner cannot be pushed beyond the ball, and he is not likely

to injure the fence or ropes with his head. The slide requires great skill, and should not be attempted by beginners.

Take a ball dropped in the rush line or at the player's feet. To get this ball, the player should throw his feet straight out behind him, falling upon the ball with his chest, breaking the fall with the elbows and ball. Squatting or settling upon such a ball might result in a sprained knee or ankle. There is another moving ball which the player, strictly speaking, should not fall upon at all. To obtain a ball moving directly towards a player from the front, he should meet it at right angles, throwing the body right across the path of the ball and gathering it up in his arm, then rolling over upon it.

A ball moving towards a player from his right should be obtained much in the same way. The player should throw his body across the path of the ball, care being taken to fall upon his left side, as in



FIG. 4

Fig. 6. If he should fall upon his right side, the ball would of course hit his back. If upon his face, the ball will go either under or over him. With a ball moving towards him from the left, the conditions are reversed and he has only to reverse the preceding rule.

A Dead Ball.—Of course the ball is very seldom dead in a game, but it may sometime occur that twenty-two men are after a ball that has nearly lost all motion. In that case, the most skilful man at diving upon the ball will be more than likely to get it, because a man can reach a ball when in diving distance quicker than he could run the same distance. The player should run to within about one and a half times his length from the ball and then leave the ground, the same as a swimmer making a dive, care being taken to land upon the ball, to offset the force of gravity. Diving for the ball is fairly illustrated in Figs. 7 and 8. He should not leap too high

in the air ; his object being to dive under the man attempting to fall upon the ball, or beat the man to it who is running for it. In falling upon any ball, the player should fall so as to be able to roll over and upon his feet, if no one is upon him. A rolling ball should never be picked up. Fall upon it and then get up, if possible. A bounding ball may be picked up, and no other.

4. *Kicking*. — Kicking is one of the fine arts of football. It requires considerable skill, which is only to be obtained by constant, painstaking practice. Difficult as is the art, its value and importance cannot be overestimated. From a last resort in a defensive game, it has come to be the most important part of the offence. The difference in the strength of two teams, the last two seasons, has been the difference in its kicking ability, and the side having the best kickers has won, apparently, for no other reason.

FIG. 8



The requirements for good kicking are cool-headedness, a good eye, a good leg, and a good square-toe shoe (or nearly so), reinforced at bottom.

There are three kinds of kicks : a Punt, a Place Kick, and a Drop. Of these, the most important is the punt. A punt, as defined by the rules, is a kick "made by letting the ball fall from the hands and kicking it before it touches the ground." There are two kinds of punts—a common punt, which is generally used, and a "twister," or "floater." The latter, which is of not much importance, is made by dropping the ball so that the longer axis will be horizontal, or at right angles, to the body (ends pointing to and away from the body), and giving the impetus to the ball a little to one side. The twist is given, says a famous player, "by cutting as a tennis ball is cut with a racket." The ball is made to revolve on its longer axis. The ball is made to revolve on its

shorter axis by holding ends pointing towards the sides of the body, so that the ball is dropped sideways. The ball should be kicked at about the height of the knee, and the impetus given, not in the middle, but nearer the outer end, on the kicking side.

As to the common punt, there are two styles, known as Straight Kicking and Round Kicking. Both styles have their followers and adherents, their exponents and exemplars. Both schools have turned out some famous punters. The straight punt is made by facing the direction in which you wish the ball to go. The kicker stands from twelve to fifteen yards back of the line—that is, when the punt is made from a line-up. As the kicker receives the ball, he should step back with the right leg, and bring the body a little forward, and then he is ready for the swing. The kicker ought to be able to make his kick without moving out of his tracks, unless it is neces-

Figure 1



sary to avoid a forward who has broken through; then he should step to the side. Some backs take a step towards the rush line, but this is too dangerous and takes a longer time, and so increases the chances of the kick being stopped. The ball should be adjusted quickly, the lacings being turned up, or out, away from the point of contact of ball with the instep. There are three methods in vogue of holding the ball for a straight-leg punt. One way is to place the right hand under the lower end and fingers of the left hand on the upper end, holding the ball either vertically or diagonally, with upper end canting away from the body as in Fig. 9. Second: Hold the ball by placing one hand on each side, lacings up, the ends pointing to and from the body, the inner end being higher than the outward one, the ball slanting downward, as in Fig. 10. The third is just the reverse of the second, the end near to the body being

lower than the outer, as in Fig. 11. The player should choose the method of holding the ball which is most natural to him and in which he can attain the highest efficiency.

The rise of the ball, or the angle of its direction with reference to the earth, will be determined by a number of things: the height of the ball from the ground when the foot is applied; the part of the foot the ball impinges upon, and the spot on the ball where it is brought into contact with the foot; and, more remotely, the slant, or way in which the ball is held and dropped.

The high and the low punt involve all these considerations. The direction of the ball—the wind not considered—will be in the line of the application of the force.

Having adjusted the ball, the kicker is now ready to boost it. The power and force in the straight-leg punt are given

FIG. 2



by the abdominal, back, and leg muscles. Just before the foot reaches the ball in the swing, the hinge joint at the knee should be firmly locked, so that the leg is perfectly rigid, like a club. Upon the recover, the body should not be brought quite to the standing or vertical position, as the kicker cannot then be knocked over nearly so easily, and is in a much better position to start down the field to put his own men on side.

The Round Kick, or Side Kick, as sometimes called, is made by a round, instead of a straight, swing of the leg. It has been described as "a few steps to the side, and then a straight kick." The ball may be held in any of the three ways, generally the first. A step or two is taken to the kicking side, and forward, a kind of right-oblique, and the leg brought into contact with the ball in much the same way as a man makes a swinging blow with his arm, the aim being to get the weight of the

body into the drive. The ball should be kicked at about calf-high. The advantage of the side kick is said to be a greater distance, the ability of the kicker to evade blockers, and so be made nearer to the rush line. The kicker should choose the style best suited to him and practise it. He should have constant practice for distance and placing with and against the wind.

“A Place Kick is made by kicking the ball after it has been placed on the ground.” The success of this kick depends both upon the holder and the kicker. The holder should have a cool head and steady hand. He should lie flat on the ground, although some men simply kneel, and hold the ball by ends, in the direction indicated by the kicker, but in such a way as to be able to place the ball on the ground for the kick without changing its direction, as indicated in Fig. 12. Lie to the right of the ball, place left hand under-



FIG. 3

neath it, and two fingers of right on top, care being taken to keep the other fingers out of the way. The kicker will direct placing of ball by "snapper in" or "out," as wanted, "head in" or "out," according to angle desired. When ready, the kicker should direct holder to put it down, take one step forward with left foot, and boot it with right, if he kicks with the right foot. Some kickers take two or three short steps on the run. This seems unnecessary. Some kickers prefer the ball perfectly vertical to the earth. Others cant it to or from them. The rise of the ball or angle will be determined by the spot upon the ball where kicked, and also by the way in which it is held. The kicker should have the same man to hold the ball for him all the time, if possible. In a place kick, without a holder, the kicker should set the ball just as desired.

"A Drop Kick is made by letting the ball fall from the hands, and kicking it at

the very instant it rises from the ground.” That is the definition given in the rules, but how to do it requires long, continuous practice. If a drop kick is made from behind the rush line, the kicker should stand about fifteen yards back. The drop does not rise as soon as a punt ; hence the danger of its being blocked unless the kicker stands farther back. The ball should be held as in the first case, by ends, or by the sides, as in the second case. That is a matter of choice. The ball should be directed towards the ground at just the angle you desire, and then let it fall naturally from the hands. Some drop-kickers prefer to drop the ball perfectly vertical ; others, with head out or in. Having decided the way you can best do it, letting the ball drop, the kicker should boot it the instant it rebounds. “The ball must be booted with toe.” The exact spot upon which the ball should be booted will be obtained by practice. Just



Fig. 9

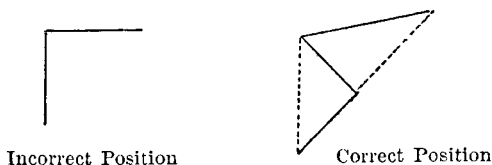
below the stringing is a good place, but here comes in again the angle at which the ball is dropped. Don't punt your drop kicks. Let the ball strike the ground first.

5. *Blocking*.—Good blocking is one of the primary essentials of the offensive game. No play can be started unless the opposing rushers are prevented from breaking through. Its rudiments, therefore, should be thoroughly mastered by every forward.

Position of the Body in Blocking.—The player should get his body into a position which is mechanically the strongest, his build and playing position considered. That is to say, the strongest position for a short man would not be the strongest position for a tall man, and a guard must never stand as high as an end. Generally the position of the body which is strongest is the angular form. Many players stand with the trunk at right angles with their leg, but it is decidedly weak.

There should be two angles, one between the head and the knees, and the other between the buttocks and the heel. An imaginary line drawn between the two points should show two triangles. See Diagram 1.

Diagram 1



A fair position is that in which the blocker's body is high enough not to give his opponent a chance to grab him by the head in going through, and low enough not to expose the sternum to a straight blow.

As to the height at which a particular player should stand, more anon. This



FIG. 10.

will vary, of course, according to position of the player, the amount and kind of territory that the player must cover, and the kind of attacks he must meet.

The blocker should take his position squarely in front of the man opposed to him. He should stand on his toes instead of his heels, or flat-footed. One foot should be placed slightly behind the other, the toe of the rear foot being on a line with the inner end of the heel of the forward foot. If the rear foot be farther back, it lessens the activity and rather tends to anchorage. The player should also not straddle, as it has the same effect. The position is very much like that of a sprinter upon the "mark." Get on your toes, and your body well forward, is a rough way of putting it. This position, the rusher will find, gives agility and activity, strength and speed, enabling him to move quickly in any direction, to follow his opponent, in order to block him ; be-

sides, as the heel strikes the ground when an opponent happens to get in first he is enabled to recover himself, action being equal to reaction in contrary directions.

• *Movement in Blocking.*—The blocker should keep as close to his opponent as possible. The less ground he gives, the quicker he can get in to his opponent and put him out of the play. The next thing is to watch the man in front of him. He should look him in the eyes, if he can do so without weakening his own position. The principle is like that involved in sparring. The forward breaking through is trying to get hold of or strike the blocker somewhere on his body, to get through. To parry the blow, he must watch him. The blocker should try to get the start of his opponent. Jump into him first. Every move he makes, pile into him. Go into him hard enough to put him out of the play. The blocker should get under his man. The move-



ment is down, forward, and up. The next thing is to block with the body. The arm is not strong enough to block with, and should not be used except as a last resort. Do not reach too far with the body. Keep your feet under you, so that you can change your position quickly enough to follow your man. The ideal position is to get the body across your opponent's path in the line in which he is directing his attempt to get through. A rough idea of good blocking is given in Fig. 13.

6. *Making Holes.*—Closely connected with the blocking is Making Holes. Both properly belong to the offensive game. Forwards should remember that the backs cannot gain ground except around the line or through the line. Around the line, in most cases, resolves itself into through it. Hence the importance of making holes. The player should take his position the same as in blocking; for blocking is making holes. The rusher

should allow his opponent to make the holes himself, if possible, by "foxing" him away from where the hole is called for, then blocking him in or out, as the necessity requires. But it will be generally impossible to do this with experienced players. The forward should manœuvre for the advantageous position, which is on the side of the man where the hole is called for, but not giving it away. Then he should get lower than the man in front of him, unless his opponent gets his nose on a line with his knees. If he can get lower than his man, he should lift him up and shove him back, and out or in, as necessity requires. If he cannot get under him, he should try to pull him forward on his face, so that the backs can hurdle him. In order to make his power effective, he should start before the man in front of him. Listen for the signal for the starting of the ball, if there is such a signal. Go into your man hard and strong. Get your body,



Figure 10

head and shoulders, into the side through which the hole is called for, and shove your opponent in the opposite direction. If you cannot shove your opponent out, shove him in. Make your holes clean and wide as possible—wide enough for a coach and four.

7. *Breaking Through*.—As good blocking is indispensable for the offence, so breaking through is the prime requisite of the defence. The rushers on the defence should go through hard and fast every time, and tackle the runner behind his own line. The position of the feet and the form of the body are much the same as those in blocking. The forward should remember, however, that the conditions are now reversed. He should keep at arm's distance from his opponent, who is trying to block him, but that distance should be in the opponent's territory and not his own. He should play right on the edge all the time, and take all

that belongs to him. He should watch the ball, not altogether ignoring the man in front of him. This may seem difficult at first, but constant practice will soon bring the ball and the man into the field of his vision at the same time. Then he should try to divine when the ball is going, and break through with it and not after it. In going through, the rusher should go through on as small an arc of the circle as possible, so as not to open up his own line too much, thus making holes for the other side; and he should go through with his arm extended, so as not to be bowled over by the interferers. So much as to the manner of going through.

The Methods of Getting Through Considered.—This is a problem which every forward must work out largely for himself. Mere weight and bull strength will count for little or nothing here. Quickness, agility, and dexterity in use of legs



and arms are of infinitely more importance, while greater than either or both is the quick, alert, athletic mind, ready to act instantly

The first thing the forward should do in trying to get through, when he faces his man, is to size him up. He should study the man in front of him, and take advantage of his every fault. He should occasionally vary his methods of getting through, so as not to give his man a chance to remedy his faults. A few of the methods of getting through will be indicated here.

(1.) If your opponent exposes his chest, spring into him with arms straight and stiff, hard enough to start him backwards off his pins or unsteady him, and then go to either side desired, as in Fig. 14.

(2.) Play for the outside arm of your opponent; once getting hold of this, your opponent, in attempting to free himself, will pull you through, as in Fig. 15.

(3.) Try knocking your opponent's arm down with both of your arms, in the manner of a sabre cut.

(4.) Strike your opponent on one side, or make a feint to go in one direction and quickly dart to the other.

(5.) If your opponent plays too low, take him by the head and pull him to one side or the other.

(6.) If he plays very high, try ducking under his arm occasionally.

(7.) Strike your opponent on either shoulder ; the one struck will either give way or meet you. If he does the former, you have the flat side of his body exposed ; if the latter, the outer arm is exposed.

(8.) Catch him by the shoulder and twist him around ; "fox" your opponent. Keep him guessing as to what you will do next.

(9.) Rolling around opponent is sometimes used, but is a blind sort of method and not of much use.



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8. *Tackling*.—The object in breaking through is to tackle the runner behind his own line. Once let him reach the line, and he is bound to gain something. Tackle him behind the line, before his interference can get formed and well started, and he is bound to lose ground. There are two kinds of tackling: the Lift Tackle and the Dive Tackle. The lift tackle is made by getting under the runner, or at least within reaching distance, pinning his knees together, and pulling his feet from under him, or, better, lifting him up and throwing him backwards. (See Fig. 16.) Care should be taken not to drag, but to raise the man clear of the ground. This form of tackling is used mostly in close territory. The tackling of backs coming into the line is where it comes mostly into use.

The dive tackle is used almost entirely to down the runner in the open. Where the runner has any considerable territory,

it is, in fact, about the only way to reach him. This tackle is made by leaving the ground, the same as a swimmer makes a dive into the water. The aim should be just below the hips. In that case the tackler is almost sure to reach the knees, because the runner is moving in the opposite direction. The tackler should be sure to get his arms well around the runner, to prevent his hurdling or twisting out of them. If the tackler should happen to miss his man, he is more than likely to impede his progress, so that the next man can pick him up. Failing that, he must get up and chase him. The dive tackle may be made in any direction. The straightaway dive is made when the runner is going in the same direction as tackler. The tackler should, in that case, chase the runner to within about his length, then take a sudden spring into him, getting his arms well around the runner. He has simply to hold on,



dragging like an anchor, and the struggle or impetus of the runner in the opposite direction brings him down.

There is also a Side Dive Tackle, where the runner and tackler meet at right angles. The tackler should dive so as to get his head and shoulders in front of the runner, or across the line of his direction, and get his arms well around him; then rolling over so that his body or chest shall impede the runner's progress, if he should shake him. (See Fig. 17) Remember, the rule is to tackle low, hard, and sure. There is nothing that gives a player more real pleasure than a good tackle. This is the only way to stop the progress of the ball, and give his own side a chance to advance it. Every tackle is your tackle. You must get every runner.

9. *Avoiding Injuries.*—Injuries in football result either from unnecessary roughness or accident. Those resulting from the former may be easily eliminated. No

school or college should allow a man who cannot control his temper, and who is not a gentleman, to represent it upon an eleven. The slugger or vicious player is of absolutely no use to a team. A man cannot play his game and slug his opponent at the same time. He necessarily neglects his team work, and reduces the strength of his own side by one. In other words, he is worse than a passenger. Keep such men off the team, and there will be no more injuries from brutality.

As to the latter class of injuries, those resulting from accident, the writer has always thought that the beginner or young player might be, and ought to be, taught what the older player acquires by experience: the art of self-protection.

The first thing a player should do in order to avoid accident is to begin training early; get into good condition early, and keep so. Football is the most vigorous and hearty of all our athletic sports,



FIGURE 1

and to play it beneficially and without injury requires superb physical condition. A question often asked is, Why does A never get hurt? The answer is that he can't be hurt; he trains conscientiously and faithfully.

Careful attention should be paid to football clothes. An effusion upon the elbow or water on the knee is often the result of not having sufficient padding on the elbows or knees. A dislocated shoulder or collar-bone often comes from lack of pads over the shoulder. A sprained ankle may be avoided by having well-fitting shoes, and keeping them well cleated. Shoes should have new cleats at least once in every two weeks. Many injuries are caused by carelessness in what might be termed by some non-essential or trifling matters.

Injuries resulting from interference from being knocked over by an interferer may be avoided by keeping the body angular, well forward, and arms extended so as

to ward off the blocker whose business it is to put you out of the way. Never let an interferer touch you. Keep him off by using your arms. Injuries from mass plays may be avoided by never allowing such a play to reach you with you on your feet. If it does you are bound to go over on your back or be doubled up under it. Dive into it, before it reaches you, with your head and shoulders, and then hug the ground flat. Do not attempt to stop a mass play by standing up against it.

Piling On.—Some injuries occur in the pile. But they are needless. A player has only to keep his legs out behind him, and as close to the bottom as possible. Stretch out. Don't resist after resistance is useless. Collisions upon the field can always be avoided by a man's looking where he is going, or going where he is looking.

There is another class of injuries from tackling. The man doing the tackling will avoid injury by making his tackle

Figure 1



sure and breaking his fall with the man tackled. If others pile on, he should remember to keep his feet and legs behind him.

The runner need not be hurt if he will fall forward and upon the ball when he is thrown. It is only the man who is thrown backwards who is likely to be hurt.

How to save yourself when falling on the ball has been indicated in a previous section.

Whatever you do, do it right well. To half do it is to invite accident and possible injury. The man who plays as if he were afraid, in a hesitating, halting way, is ten times more apt to get hurt than the courageous man who plays with snap and dash.

It is the case of the moving target. When General Armstrong was asked why he kept moving about in the battle, his reply was that a moving target was less likely to be hit than a stationary one.

CHAPTER II

POSITION PLAY

THE reader will note here that it will be impossible for a player of one position to write exhaustively upon all, and his apology for making the attempt is that this is a book for beginners only.

1. *The End.* — The End should be chosen for quickness, agility, swiftness, speed, endurance and good judgment.

The first three qualifications are necessary to enable him to avoid, break up, and worm his way into, through, or around the interference, tackle into its very midst, or take advantage of occasional fumbles. Speed and endurance are indispensable in enabling him to cover his territory and to race up and down the field

upon the interchange of punts. Good judgment is necessary to put him in the right place at the right time, or just where he is wanted.

Greatest care should be exercised in the selection of an end, as his is the most difficult and dangerous territory to protect. A man weighing from 135 to 165 pounds ought to meet the physical requirements, although much heavier and much lighter men have succeeded admirably in this position.

An end may stand higher than any other man in the line, because of the large extent of territory which he must keep within the field of his vision. The angular form should be preserved, although the areas of the triangle between neck and knee, hip and heel are very small. Position of the feet should be the same as that described in Chapter I., Section 5. The position should be very much like that of standing start in sprint.

ing. Many ends stand very low, with one foot far in the rear of the other, but the position must inevitably make them slow. Some fast men stand that way, but they would be faster if they stood the other way. The end should stand from about eight to ten feet from his tackle.

In most systems of defence he is primarily responsible for the territory outside of him; but he should not allow himself to be drawn out too far, as that gives the tackle too much ground to cover. He should understand his tackle thoroughly, in order to work harmoniously with him in protecting or advancing through the flank of the line.

The play of the end, like that of all forwards, is divided into two parts: the Offensive and the Defensive.

His duty on the offensive, or when his own side has the ball, will depend upon his assignment in the particular play. Generally the end should stand much nearer

his tackle when on the offensive, so as to be able to get into every play. In plays through tackle and end, or around the end on his own side of the line, the end may either help his tackle to block or pocket the opposing tackle, or, if his *vis-à-vis* can take care of his own man, he may draw the opposing end out as far as possible, and thus assist the interferers for his own runner. Sometimes the end can help tackle to pull his man out when making holes between tackle and guard by distracting his attention, so as to give tackle better show of getting hold of him and pulling him out.

If a half-back comes into the line between tackle and end, the end should remember to take the inside man, as he is the most dangerous, because uncovered and nearest to the play

In blocking, the end should make it hard, low, and strong, as suggested in Chapter I., Section 5.

In runs through the other side of the line the end should get into the interference or push as quickly as possible. When his own side is going to kick, the end should spread out a little wider from tackle than ordinarily. He should steal a little on the ball, if possible, in going down the field. If the opposing end plays in the line for the purpose of trying to stop the kick, he should bunt into him in passing, going down on the kick. If the opposing end is not in the way, he should bump into any dangerous player who is likely to stop the kick. But the end should not attempt this unless he is speedy enough to get down the field. Besides, his main business is to get down the field. The direction of the end should be a little towards the side-lines, but converging upon the catchers. The end can tell the direction of the kicks, either by looking over his shoulder, or watching the movements of the opposing backs.

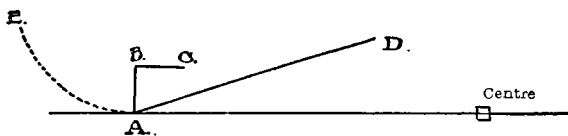
The best way is to let the ends know the direction of the ball by the signal. The end should be under the ball the moment it lands, in order to prevent a return which would be likely to lose for his side all the ground that has been gained by the kick. The end should be careful not to allow the opposing back to dodge outside of him, or overrun the kick in order to save possible long return runs through a broken field. He should also be on the alert for fumbles or muffs which may give him a chance to make a touch-down.

The great bulk of the end's work comes in the defensive game. He is to prevent the long runs or open plays. The end should thoroughly understand the different methods of breaking through as laid down in the previous chapter, although the problem of getting through is not so difficult for an end, because his opponent seldom stands in front of him. The end

should go through every time. He should never run behind his own line, because of the danger of leaving his side of the line open to criss-cross or some trick play.

The end's primary duty is to turn the runner in. The quicker this is done, the less territory the other men will have to cover, and hence the better protected that territory will be. The end, therefore, should go in as quickly and on as sharp an angle as possible, so that he can meet the interference before it gets well formed and started. He should take the direction A D (shown in Diagram 2), A B C if he must, but never A E.

Diagram 2



If the opposing end plays up in the line opposite him, the only direction possible will be A B C.

He should meet the interference with body well forward, the arms extended straight and stiff, so as not to be hit by the interference. He should force it in towards the tackle as near as possible, and the moment it turns is his time to nab the runner. He should be careful, in meeting the interference, to keep a little to the outside of it. The end should not go through the interference unless he is sure that the runner has turned inside and of getting him, or that his supporting back is on the outside. Some ends run in and then drop upon their knee, allowing the interference to pass by and then grabbing the runner; but it seems best for a man to always keep on his feet—he may have to chase the runner.

In plays through the middle of the line or in a pile up, the ends should keep out of the scrimmage, so as to be sure that the runner does not come out of the pile.

What the end should do when the other

side kicks depends largely upon the territory in which the play is. If the opponents are in their own twenty-five-yard line, it is best for the ends to go through and try to block the kick. They may not succeed, but they can distract the attention of blockers, and so allow some others forward to block the kick and make a touch-down.

In other parts of the territory, the ends may go back or kick and block the opposing sides.

Finally, the end should keep on his toes and follow the ball all the time.

2. *Tackle*.—If there is any one position in the line harder to play than another, that position is the tackle.

He must look out for territory on both sides of him, and be ready to help either guard or end as the emergency requires. The great majority of the plays are aimed at him. The variety of the plays is limited only by the rules of the game, which

are often changed. His constant study must be how to meet each particular play in every style of offence.

It is needless to say that a tackle should have an active head on his shoulders, should be of stocky build, quick as a cat, fleet of foot, and strong as an ox.

The tackle should be from 5 feet 6 to 5 feet 9, weighing from 172 to 183 pounds.

The tackle should stand about four feet from his guard, and should not allow himself to be drawn out farther than six feet; the wider his line is drawn out, the weaker it will be and the more territory he will have to cover.

A tackle should stand lower than an end. Just how high he can stand will depend upon his build. He should be high enough to start quickly and to see the territory both sides of him; low enough to be secure against being pushed back, and strong enough to stop the wedges sent at him. The height given

in Section 5, Chapter I., in Blocking, will be found pretty effective.

The tackle should be carefully drilled in the fundamentals blocking and breaking through until the principles are thoroughly mastered. He will need them more than any other forward.

The offensive work of the tackle depends largely upon the play and his assignment in it. In a general way, in plays through his side he should block hard and low and make his holes clean and wide.

In blocking, the tackle should always take the man nearest the centre, as he is the nearest to the starting point of the play, and therefore the most dangerous. In that case, he should call in his end to take his man. Occasionally a tackle will have to block his own man, and a quarter or half that comes up in the line, the moment the play starts, without any warning whatever. In that case, he should

give one the foot or arm, and go into the other hard and strong with his shoulder. If his man should get through, he should follow him up and keep him out of the play.

On plays through and around the other side of the line, the tackle should momentarily block his man, and then get into the push or interference.

When the tackle himself takes the ball, he should be careful not to give his intention away. He should, without notice, shift his position and bring his feet pretty close together, to enable him to start quickly. He should take off by giving his tackle a push in his chest with the open hand. The end should go into the opposing tackle the moment his own tackle takes off, so as to prevent his opponent from following.

In running, the tackle should describe as small a circle as possible, and take nearest hole or hole signalled for, so as to gain

ground at once, and near enough so that the quarter can steer him into the opening made.

When his own side is going to kick, the tackle should block his man long enough to prevent his stopping the kick, and then get down the field so as to help the ends prevent a return. The tackle should go nearly straight, so as to protect the centre of field, the ends taking care of the sides. The tackle should judge where the ball is to fall solely by the movements of the opposing backs. He has no time to look back, as an end has, because he starts later, and is generally not so fast a man. The tackle on side of the kicking foot of the back should always remember to block longer, as danger of a blocked kick is greatest from that side.

The great bulk of the tackle's work is on the defensive. In the first place, he should remember that he must be in reality what he is in name, a tackle. His

duty is to tackle everything in sight. The place for him to tackle is behind his opponent's line, and the time for him to tackle is all the time. Clean, sharp breaking through is imperative in a tackle. If a runner reach the flank of the line, he is likely to gain his distance because it is more open. To this end, he should make a careful study of the different methods of breaking through, as laid down in a previous chapter (Chapter I., Section 7).

The first thing a tackle should do, when he steps into the line on the defence, is to notice his opponent's style of blocking and adapt his method of breaking through to that. Get up in the line. Keep your man at arm's distance, but let the distance be in opponent's territory. Watch the ball and go through with it.

A tackle may be assisted very often in getting through by the half-back on his side of the line. The half can come in

between tackle and guard occasionally, and draw the opposing tackle in. If this is done just as the ball is snapped and before the opposing line can rearrange itself, it lets the tackle through clear, and enables him to play deadly havoc with an incipient play. Other ruses will suggest themselves to the two playing together. The tackle should go through all the time, and never run behind his line.

The tackle should go through generally on the outside, for the reason that the end needs more assistance than the guard, because the flank of the line is more open and the interference better organized. Further, the middle of the line may be reinforced from either side the moment the attack is centred there, but the end can seldom be reinforced from the other end. The most an end may rely on are the guard, tackle, and sometimes one half-back from his side.

Once in a great while a tackle may go

through on the inside, but only to fox his man, or when he is absolutely sure that the attack is inside.

If a tackle should find himself unable to get through alone, and the play is around his end, he should keep his man off from him and fight his way out, to back up the end. The tackle should keep a wary eye on the opposing end who comes in to help opposing tackle to block him on end plays. Whenever the opposing end comes within reaching distance, he should push him back where he belongs. Make him keep his distance. When a tackle finds himself pocketed by the opposing end and tackle, there are two things that he can do: either split the two and go between, or step back and out of the pocket. Go through, if possible; if not, get clear.

Plays directly at the tackle call for great judgment and great strength. The tackle should, if possible, shove his man

back and into the play. His next best plan to meet it is to go down in front of it good and stiff and pile it up. He should go into the mass head and shoulders or sideways, but never, upon any pretext, turn his back to it.

In defending his territory against trick plays, the best and only advice that can be given to a tackle is to keep his eyes open, notice the alignment of the opposing backs, the way they stand, their facial expression and movement, and try to divine which way the ball is going. If they are green, some one is more than likely to give it away. The moment the ball starts, watch the ball; it does not matter which way the other fellows run. Keep your eyes on the ball.

When the opposing side is going to kick, the tackle should spread a little, so as to give himself a better chance of getting through, and the quarter and rush-line half also. He should, moreover, be

on the lookout for a fake kick. If he only has the possibility in mind, he will be prepared for the emergency. He should keep his body well forward and arms extended, so as to be able to sift through and avoid men protecting the kick. Just as the kicker is about to boot the ball, tackle should spring into the air with arms extended in line with the kick, and opposite the kicking leg if possible. If the ball hits the body it will bound back, and tackle should follow it as if it were a matter of life and death. If it strikes hand or arm it will be deflected, and his side will have an equal chance for the ball.

When a booted ball strikes tackle—or any forward, for that matter—he should never cry “on side,” as is often done, because his side is on one side anyway, and it is only a cue for the other side. Failing to block the kick, the tackle should block the full-back or kicker, knock him down, so as to

prevent him from putting his team on side. Follow the ball. Tackle low.

3. *Guard*.—The two guards and the centre make up the proverbial stone-wall into which the opposing backs are supposed to ram their heads to no effect. The stiffness and resistance of the whole line depends largely upon the three centre men.

A team is no stronger than its centre. Nothing demoralizes a team more than to have gains made repeatedly through that point in the line. Without good guards no play of any kind can be started, because of protection necessary to quarterback ; and no play through centre can be stopped.

The qualities necessary for a guard are strength, weight, and, as far as possible with those, quickness and speed. Strength and weight are put first because of the constant struggle, push, pull, and lifting in the centre. Strongest push plays are

aimed at centre, and the whole force of opponents can be concentrated against them quicker than against any other part of the line. Slow, clumsy, awkward guards, while they may stop centre plays all right, yet they are absolutely of no use in backing up the tackle and ends.

A guard should weigh 185 to 200 pounds. If the weight is well distributed over a six-foot-six man, perhaps 210 will not be too much.

As to height, a tall, angular man with weight is preferable to a short one, as he can better protect his quarter-back without standing so high as to weaken his own position, and is generally more active. A big six-footer will cover with his body a great deal of the territory a small man must cover with his head and feet. Of course, all of these proportions are not to be found every day. These are merely ideal, so to speak, and in forming your team the garment must be cut to suit the cloth.

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In offensive work a guard has very few assignments, except when he runs with the ball or heads a heavy interference; but his value is not measured by the number of plays in which he may be specially assigned. As a general rule, he must block low and long.

In blocking, a guard must get low—how low will depend largely upon the build of the man. About the correct height of a six-footer is when the middle finger of his right hand can touch the ground. He should bend his neck in order to see the man in front of him, and not sit back on his haunches to do so. A short man built close to the ground may stand higher, but he is in danger of being carried off his feet at any moment by the man playing under him.

A guard should stand with the foot next to centre forward if possible; but if a man starts quicker with that foot back, why, stand that way. Get your body into

a position that is mechanically the strongest for you. A guard should stand close to his centre, not more than a foot away. Some guards face in and some face out, for different reasons. If the centre man is weak or the guard is going to run from the line, he would naturally face in. *Vice versa*, if the tackle is weak he would face out. But a good guard cannot afford to stand either way unless he is immensely superior to his opponent, because he necessarily weakens his position. The better position is for the guard to stand squarely in front of his man. He is in a position to watch his man, and so better block him; he can see the ball and notice opponent's whole formation.

The guards' standing in last-named manner causes the centre of the line to present a solid front, a straight line. Standing the other way presents to opponents a concave line, which may be pushed in more easily.

The guard should be careful not to allow himself to be drawn out too far from the centre. If his man goes out far he should tell the quarter-back, and have him send a play through guard and centre, and his opponent will probably move in again. As long as the inner foot of the opposite guard is inside of the outer foot of the guard blocking, the latter ought to be able to take him the moment the ball starts and run him out to the side-lines. If he stands out farther, he should call the tackle in to take him.

The guard should also keep a sharp lookout for the opposing quarter, and if he comes up into the line between him and centre, push him out with open hand.

How to block and make holes has been spoken of in the chapter on Fundamentals, in which the guard should be constantly and thoroughly drilled. *Under*, *forward*, and *up* is the rule for the guard in blocking. "Lift him up and shove

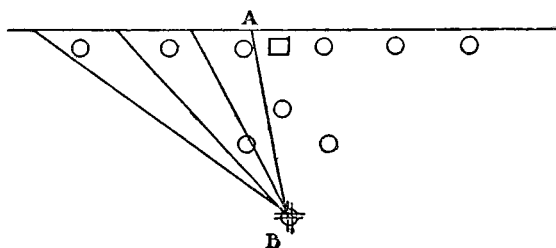
him back," "Root him up," are the expressions used.

After having made a hole, if called for, or blocked his man, the next duty of the guard is to get into the push or interference himself. Get hold of the runner; if possible, pull him along. Give him a chance to use you in warding off would-be tacklers. His runner will be oftentimes stopped, but not thrown; it is then that he can make his strength and weight felt by getting his shoulder behind the mass and pushing for dear life.

He has no chance, to be sure, for brilliant work, but in this way he can gain yards for his side all the same. When his own runner has been thrown, he should help him up and put him on his feet. The next thing to do, and one of the first duties of a guard, is to line up quickly. He should be right beside his centre the moment the ball is down. The play cannot start without some one to guard it.

When his side is going to kick, the guard should move in close to the centre, so that no little quarter or stray back can come through and stop the kick. He must block well, and almost until he hears the ball booted, because the path through the centre is the straightest line, and hence the shortest distance to the kicker, as will be seen from Diagram 3, line A B.

Diagram 3



The exact moment when he can let his man through must be determined by the quickness of the man in front of him and the kicker, as will be seen from Diagram 3. After having blocked long enough to in-

sure the kicks getting away, he should get down the field with the other forwards, to help prevent return of the ball.

His general direction in going down the field will be regulated by the plan of his own side for covering the field.

On the defence there is an immense amount of hard work for the guard. It seems to be all push and shove, as the two guards, the one struggling to break through and the other to block, generally come squarely up against each other.

The position of the guard on the defensive, both as to form of body and distance from the men on either side of him, is about the same as that on the offence, with the possible difference that the guard may move out a few inches. The guard should go through all the time. He should never run behind his own line unless, having failed to get through, that direction is the shortest distance to the runner.

The guard should go through always on the outside of his man, unless there is an excellent chance of going inside to reach quarter-back before he can get away with the ball. The objection to going inside is, of course, obvious. The guard would be pocketed or sandwiched in so tight between opposing guards and centre that he would neither get the runner inside, nor be able to back up tackle in case he went outside.

A guard is primarily responsible for the ground between him and tackle, and, secondarily, for that between him and centre. In going through, this fact should be kept in mind. The fact that a guard must stand lower than tackle, and has less and different kind of territory to cover, will prevent him ordinarily from using as many methods of breaking through as a tackle, as described in Chapter I., Section 7. He must take some method of getting through that will enable him to use the

body of his opponent to cover the territory between him and centre, and to enable him to get out and back up tackle, or that will put him through back to back with his man before runner reaches the line. The latter alternative is seldom realized, except by a very active man facing a very poor opponent.

Get up into the line. Keep your man at arm's distance. Watch the ball, and go through with it. Go through on as small an arc of the circle as possible, so as to not make holes for the other side. Don't let your opponent hold you. A guard should have at least two or three ways of breaking through. He should size up the man in front of him at once, and determine which is the most effective method to use in getting through.

Try getting hold of the outside arm and pulling your opponent inside, so as to make him cover the ground between you and centre and leave you to back up tackle.

If your opponent exposes enough of the chest, give him a hard push back into the centre; this will leave the guard free to back up tackle.

A very effective way is to get under your man, lift him to his feet with your shoulder, and then straighten arms on him, twisting him back into the centre.

Many ways of getting through will occur to the guard if he will only use his head and study his opponent a little.

Upon wedges made at tackle, if the wedge is inside and closely formed, the guard should go under it. If the formation is an open or loose one, the guard should fight his way into it, and get the runner while the tackle is momentarily checking the advance. To stop wedges upon centre, the guard should get down low and watch the ball the moment it starts, shove his man and as many more as possible back into the formation, thus either piling up the play or forcing the

runner outside where the ends and backs can pick him up.

Blocking kicks is a very important part of a guard's duty. When the other side is going to kick, the guard should first move out a trifle, so as to give centre and quarter a chance to go through, as well as to give himself more room for same purpose. He should, upon the ball's being snapped, exert his utmost to break through and stop the kick, as it means the ball or a touch-down for his side. A guard really has the best chance to stop the kick, because he is nearest to the kicker, to start with (as shown in Diagram 3), and his body covers more space than that of tackle. There is only one man nearer, and that is the centre, and he has to block longer.

The guard should remember to jump high into the air, so as to make the kicker kick higher and shorter, or have the kick stopped. Failing to stop the kick, the

guard, like tackle, should stop the full-back.

4. *Centre-Rush*.—The position of Centre-Rush is comparatively a new one. Until a few years ago the middle position in the line was occupied by a snap-back, whose only duty was to put the ball in play. After that, he was merely a passenger. From the snap-back the centre-rush has been evolved by gradual enlargement of his duties. To-day he is chief of forwards, there being no duplicate to his position, as there is of tackle and guard. Every play starts from the centre-rush, and depends upon him for a large share of its success or failure.

The position is one requiring painstaking, conscientious, hard work, admitting of very little "glory," although the centre handles the ball more than any other player. That is the reason why few beginners choose that position in the line. "Hard work," they say, "and no glory."

But, like everything else, the position is just what the player makes it.

Physically the centre-rush should be a large, strong, and heavy man, who is at the same time active and fleet-footed. Mentally he should be at all times perfectly cool and self-possessed, and of an even temper, always full of enthusiasm, without excitement. A six-footer from about 190 to 210 pounds is the best style of a man, because he can better protect his quarter. Care should be taken not to select a fat, lazy, phlegmatic man, because he is of absolutely no use whatever.

On the offensive, the first duty of the centre-rush is to put the ball in play. Much depends upon this. The team can play no faster than he does. If he is slow, the whole thing is slow. He must follow the ball closely, and the moment it is down, take it from his back and put it down for the next play. When the ball goes out of bounds, he must be the first

man on the side-lines to take it in on the jump for the next play. The line forms on him, and to have his team line up quick he must be doubly quick.

How to Snap the Ball Back.—Position of the body is the first thing to be considered.

The body should be just low enough to reach the ball with snapping arm, and no lower nor higher; the back should be concave, rower's back, and every muscle set. He should stand with his feet in the diagonal corners of a rectangle the area of which is determined by the length of a man's legs; right foot forward and left back for a right-handed man. The distance between the forward and rear foot must be obtained by practice. The rear one in general should be just far enough back to give him a good start. The centre should straddle only enough to keep from wobbling from side to side. Stretching out the legs to cover ground is advised

by some writers. But no centre, standing however much like the Colossus of Rhodes, can hold his own against a man of equal weight and strength. There is nothing to prevent his going over backwards. The centre should never stand flat-footed. His body should be carried forward enough to bring him on the toe of his rear foot and the ball of the forward one; the advantage being that he will be quicker in starting into his man to block him, and he will be able to recover himself should his man get into him first. The feet should be at right angles to the gridiron lines. That is, the centre should stand perfectly square. He cannot start quickly with his feet at any other angle. If the toe of the rear foot is oblique to gridiron lines, it must be brought at right angles before he can start.

The snap should be made with the left arm, that being sufficiently strong for the purpose. Then the right should be kept

free to protect himself and the ball. This is not now so necessary as under former rule as to interference with the snap. Do not keep the right arm on the knee in a lazy position, as most players do. The arm is of use in starting. Then the neck should be kept bent so as to see the man in front of him. He cannot block him unless he sees him, nor can he tell whether the guards are pulling the centre open too wide or not. The position is much like that of a sprinter on his mark, as will be shown in Fig. 18.

The Different Methods of Snapping.—First, the Flat or Side Snap, or snap on the longer axis of the ball. Place the ball upon the ground about two inches from the forward foot. Turn the lacing in. Have the seams of the ball parallel with the gridiron lines. Take a firm grip of the ball. It all belongs to the snapper. Let the fingers be well over the front of it. The ball is sent back to the quarter



Fig. 18

with a downward motion of the wrist and arm. Care should be taken to send the ball straight without deflection. Place the ball as far under you as possible. That gives better protection. It also shortens the distance. Distance saved is time saved, and hence the ball gets quicker to the quarter. The advantage of the side snap is that the snapper can balance himself partly on the ball, so that he can oftentimes put the ball into play under very trying circumstances. He is not nearly so much affected by the pushing around in the centre of the opposing men. Then he can also take off from the ball, giving himself a good, strong start, which does not affect the going back of the ball except to give it more speed.

Second, the End over End, or snap on the shorter axis. This snap is in most general use at present. It requires more skill in handling than the other. It has not some of the advantages of the first

snap, but is very uncertain. It has the advantage that it is quicker when well executed, and enables the quarter to be of considerably more aid in the interference.

To use this style of snapping, place the ball on the end, the head out a little, although the exact angle must be acquired by practice. Care should be taken not to bear the weight of the body on the ball. The ball is put into play by a delicate wrist motion backward and downward. The style of the snap should be decided upon early, and the centre men given a great deal of practice in putting the ball into play in connection with the quarter-back.

The ball is often put into play by tossing it back, the centre standing straddle fashion, taking the ball in both hands, and holding it by the ends and tossing it back to the quarter. The method is a questionable one as far as the rules are concerned, and is of no value except on rainy, muddy days, when it is difficult to snap

the ball at all. In that case, the play will be very much assisted if the centre can hand the ball to the quarter. A man standing as he must to make the snap is an easy mark for the opposing centre.

After having decided which way he is going to snap the ball, the centre should take his position ready for the signal, muscles all set, and should let the ball go back as quickly as possible. Just the moment when to put the ball into play requires the exercise of some judgment. It may be better for him to wait if the line is unsteady and men are off side. He should not snap the ball when an opposing player is off side unless his captain instructs him to do so. The trick is often done, but is of doubtful advantage, because the umpire may not see the off side—the incipient play is stopped, and another down, perhaps the fourth for your side, or a fumble may give the ball to the other side.

When the centre has snapped the ball, he should go into his man low and hard and strong. He should get his head and shoulders into the side through which or around which the ball is to be advanced, and then block his man in the opposite direction or away from the play. If the play is through a hole next to him, the only way for him to make a hole is to get under his man, and shove him back and to the side. A good way to move a heavy man is to move half of him at the time by getting hold of one leg to start him in the desired direction.

After having blocked his man away from the play, he should get into the push and make his weight and strength tell. If the play is around the end, he should cut over and quickly get in front of the runner.

The centre should remember in blocking to keep his man from stopping the play, but never to block longer than it is absolutely necessary to do that. When

his own side is going to kick, the centre should block a little longer, the time to be determined by the speed of the man in front of him and the quickness of his own kicking back. Having blocked sufficiently, he should let his man through, and get down the field to help the other forwards prevent a return.

The defensive work of the centre is almost illimitable. He can be of as much or of as little use to his side as he has a mind to. He has more opportunity for brilliant tackles than any other man on his side, for the sole reason that he is not expected to do anything, and is the unaccounted-for man. His own man is handicapped by having to snap the ball, and he has no other assignment except that man.

The centre man should remember that he is a rusher and must break through, and do his share of the defence the same as any other forward.

The centre man should never root up

with the man opposed to him. He should take his position much as any other forward. He should stand near enough so that when he straightens his arms he can give a good sharp blow. He should be careful not to expose the forward leg. The centre should notice the opposing backs, try to size up the play, then watch the ball, and the moment he thinks it is going, jump into his man before he starts into him, with arms straight and stiff, so as to not allow the opposing centre to tie him up. A pretty good position for a centre on the defence is the one indicated in Fig. 19.

The centre should remain in his position long enough to see whether the play is coming at him or not. This will, of course, be determined by his shrewdness in guessing the play. If the play is at him, by keeping his man away from him he can get under and into either hole. If his own position is not attacked, he should



FIGURE 10

take the hole nearest the runner. He can often go through between guard and centre by having his guard break to the outside; and the opposing guard following him makes the hole for centre to go through. In that way the centre may oftentimes stop plays before they reach the line. When centre cannot reach the runner through guard and centre holes, he should step back from his position, after finding that it is not attacked, and chase out to side line in the direction of the ball, and take the nearest hole to the runner.

All his other fellow-players may be taken care of by assignment, and he the only man who could get the runner. When the other side is going to kick, he should allow the guards to spread a little wider, so as to give him an opportunity to break through. He should then go through the same as any other forward, making a desperate effort to spoil the pass and to stop the kick.

5. *The Half-Back*.—It is exceedingly difficult to write upon this position, especially for one who has never played it. But next to actual experience are study and observation for a number of years, and upon these the writer relies. Much general drivel might be easily written, but to write something that would be helpful to the beginner is a different matter.

The positions of half back and full-back have generally been treated as one by most writers. Indeed, there are not wanting those who believe that the backs should be interchangeable, that each one of the three should be able to play in either position. It seems to the writer that this is a great mistake. The highest efficiency is attainable only along the lines of specialism. Hence, after selection, the left half should play at left half, the right half at right half, and the full-back at full-back.

The function of the half-back is to

carry the ball. The advance into the enemy's territory must be made by him, except that a tackle may sometimes be called on for a run. The position is a difficult, trying, and exhausting one. The back must be sent time and again without let-up. With reference to his own proper function, a half-back should be chosen for speed, endurance, sand, and a cool, quick judgment. As to physique, a half-back should be of medium height; weight, from 135 to 170 pounds.

There are two distinct styles of backs, the "Plunging Back" and the "Wriggler" or "Dodger." It is desirable to have one of each upon a team. The former is better in line-breaking, as a rule, and the latter excels in "broken fields" and end-running.

The backs should be drilled carefully in the fundamentals, especially those connected with their immediate duties, as tossing, catching, kicking, and tackling.

Standing starts and short dashes are also invaluable as preliminary practice.

The position of the halves, their grouping in relation to each other when on the offence, must all be determined by the style of the play to be executed.

As to the form of the half-back, it should be such as will not give away the direction in which he intends to run, yet such as will enable him to start instantaneously upon the snap of the ball or signal. Many of the best backs give away the point of attack by unconscious glances and movements, a thing that should be studiously avoided. False starts are also to be guarded against, as they spoil the whole play and slow up the game.

The backs should take as nearly as possible the same position in the given play every time. The body should be angular in form, and carried well forward, much like the position of the standing start of a sprinter, with this difference, that the

rear foot should not be quite so far back. The position must be one in which the backs can start quickly in either direction. Backs generally stand perfectly square, with toes of both feet on a line. Before they can get away from that position, they must take either a short step back or forward. This step is unnecessary, and slows a man up. The back should never stand back on his haunches after the signal is called for the play. Get up on your toes, get set ready for the word "go," which is the snapping of the ball. When once started, the back should dig his toes in, and go for all he is worth just as hard and fast as the force of gravity will let him. A half-back should never have to slow up for his interference. The interference must move as fast as he does, or it is of no use to the runner.

Form of Body in Advancing.—In going through the line, the general rule is to go low. In running low, the runner should

bend his neck so that he can see and take his holes cleanly. If he goes at the line in a blind, bull fashion, he is likely to bump into his own forwards. He should play intelligently, and look where he is going. Some great line-breaking halves have used just the opposite manner of going through the middle of the line. They run as high as if they were going round the end. If the hole is clear when they reach the line, of course they take it cleanly, and come through in a position for a second burst of speed. If they find a pile in the hole, they hurdle it, if possible. The low, plunging half-back will gain something; the high runner and hurdler may gain a great deal. For the beginner, the low method is perhaps the better. It is certainly the more orthodox.

Carrying the Ball.—Going through the middle of the line, it is best to carry the ball in both hands. Take the ball in the pit of the stomach, the legs and trunk

forming a basket or angle, and then grapple it to you with both hands. The high-running line-breaker would, of course, take the ball under one arm and use the other in warding off. For runs around the end, the ball should be carried under one arm. Just how to carry it so as to prevent an opponent from relieving you of the ball must be acquired by practice. One suggestion, perhaps, will help. Do not carry the ball too far under the arm. The ball should be carried so that it can be shifted in order to use nearest arm to ward off would-be tacklers. The great trouble with backs is that they do not use the arm nearly enough. It is surprising how many tacklers can be warded off by using that arm like a piston-rod against every man that comes up.

In line-breaking, the back should remember to keep his feet and fight for the last inch of ground. If he can only keep his feet and give his own side a chance to

push, he is bound to gain ground. Upon runs around the end, a back should remember to look where he is going, and not run into a lot of piled-up interferers, but use his interferers intelligently.

When tackled, a half-back must not be thrown backward. He should do his best to fall forward. He should keep the ball under him, and not place it out in front of him, only to lose all that he has gained and the ball besides, by having it stolen from him. That leads us to speak of that other disgusting and careless habit of backs—fumbling and dropping the ball. Nothing demoralizes a rush line more than that habit.

Another thing that the back should be exceedingly careful about, and that is running backward towards his own goal. In that case, he is simply a player for the other side. If a back does not gain anything, the least that can be expected of him is not to lose anything.

“Keep your feet,” “hold the ball” and “run like a streak,” “struggle for the last inch,” are very good things for backs to remember. When his own side is going to kick, the back should remember that a large measure of the success of this attempt rests upon him. His business then is to block, and block hard and desperately, as he is generally the last protection of the kicker. That being done, one of the backs should look out for a return, while the full and the other back go down the field.

The work of the half-back on the defence is more or less according to the scheme of defence. Just how much a back will have to do will depend largely upon the efficiency of the forwards.

The place for the backs to play is just a little outside of tackle, so as to be able to help him and to protect the flank of line. Ofttimes a half may help the tackle through clean by suddenly stepping up

into the line and out again, so as to keep the opposing tackle guessing, at the same time be able to back up end if necessary.

As to whether a half-back should break through or play as a safety man is a much mooted question. If the line is weak and the half-back is able to do rush-line work without injuring his running game, there is some reason for going through. On the other hand, if the line is strong and the backs are light and fragile, they should play more of a safety game. It seems best, in any event, that in the early part of the season the backs should play safety, and allow the forwards to rely upon themselves and do their own work, thus saving backs for offensive work. In the final matches, if the team is well balanced forward and rear in the line and behind the line, the defence will be doubly strengthened by having the backs go through.

When the opposing side kicks, one of the backs should go back to help full-back

cover the field. This half, of course, should be designated beforehand. The half that goes back on a kick should be a dead-sure tackler, an absolutely sure catch, and a fair kicker. In going back, he should keep his eyes on the ball as much as possible. A practice much in vogue is a good sharp backward dash. The back should not allow the ball to be kicked over his head or bound. He should catch it on the fly. This requires careful, accurate judgment as to the location and direction of kicks. If a back should misjudge the ball, the next thing to do is to "play it safe"—that is, fall on it.

If the impetus given to the ball by the other side is sufficient to carry the ball across the goal line, the backs should let it go over rather than have a down in their own five-yard or ten-yard line. If the ball rolls over the line, of course under the rule it will be brought out to the twenty-five-yard line.

Whether on the offence or the defence, the three backs should play together as much as possible, so as to understand each other and how best to help each other. The backs should play in the same position as much as possible, in order to acquire the highest efficiency in that position.

If a man plays left half he should keep in that position, and the same is true of right half and full-back.

6. *Full-Back*.—No player has *cut so much ice* in the winning or losing of big matches in the last two seasons as the full-back. The holding of big teams to small scores by inferior ones has been largely owing to good men in this position.

Hence the growing appreciation of the demands of this position and its vital importance to the success of the eleven. Kicking, to-day, has come to be a part of the offensive game, and full-back consequently the biggest ground-gainer of all the backs.

The full-back should be chosen almost solely for his ability to kick. Other qualifications are desirable, to be sure, but the ability to kick is the prime requisite. He should be a well built, strong-legged, active, and speedy fellow, perfectly cool and fearless. Weight should be about the same as that of half-back. The preliminary training of the full-back should be one long continuous kick. By constant practice only can he acquire skill in this branch of the game. At the same time, other fundamentals must not be neglected. Catching will come with the kicking.

Tackling is perhaps the next in importance.

The full-back must oftentimes kick in the midst of the opposing rushers, and it takes a cool head, steady nerve, and strong leg to get the ball away. He must catch a punt with the opposing rushers all around him, when to muff means a touch-down

for the other side. He must tackle surely and cleanly when he is the last man between the runner and the goal and a miss means a touch-down.

The full-back should always play the middle position. It is too much to ask of a back to do the kicking and play half also. Running unquestionably takes the stuff out of him for kicking. It is the rare man who does both things well. Some teams, of course, play the full-back on the side, but it is questionable policy, and has often resulted disastrously.

The position of the full-back on the offence will be generally in the middle of the two backs or a little in advance of them, near enough to touch either with the outstretched arm. His position, of course, is subject to variations, according to the formation for the different plays.

In runs around the end, the full-back will generally be called on either to lead the interference or to block some partic-

ular player on the other side—a half-back or an end most likely.

In plays through the line, the full-back either goes through ahead of the runner to clean out the hole, or behind him to give him a push.

If the full-back leads the interference, he should be careful to take the direction called for, and allow the runners to use him in getting rid of would-be tacklers. If his assignment is to block a particular player, he should block him hard. Go into him hard enough to knock him down and put him out of the play.

As to form of body, that of full back should be similar to that of the half—one from which he can start quickly in either direction. Carrying the ball will also be the same for him as for other backs. Since the full-back generally runs through the guard and centre holes, it is best for him to use both hands in carrying the ball.

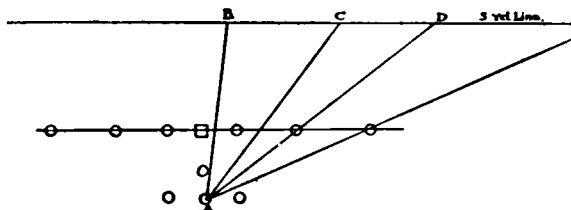
In bucking the centre, the full-back

should put his head down and go low and hard. He should make up his mind where he is going, and then go there without halting and hesitating. Ofttimes when the full-back reaches the line, if there is no hole there he can make his distance by a clever dive. Diving through the centre is quite an art, and must be acquired by practice.

If there is a pile-up in the hole, the full-back can very often hurdle it for a short gain. In any case, the full-back must see where he is going. He need take no thought as to the ball. The quarter-back will see to it that he gets it at the right moment. The full-back should strain every nerve to gain his required distance and as much more as possible, since he is generally called upon, as games are run, to gain the required distance on the fourth down. While as a general rule it is hard to gain through a good centre, a short gain through that territory is all the more

valuable. The line through the centre is a straight line, and therefore the shortest distance to the required five yards, as will be seen from Diagram 4, the base of a

Diagram 4



right-angled triangle being always shorter than the hypotenuse. Besides, if you can force the centre you demoralize the other side a good deal more than by an occasional long run around the end.

When a kick is called for, the full-back should not leave his position for the kicking distance twelve or fifteen yards back of the line until the last moment, when he can get back in time to take the ball and boot it down the field. It takes the other

side more by surprise, and prevents the second back on the other side from getting back ready to receive the kick.

The full-back should catch the ball in his hands as much as possible like a baseball, as he can handle the ball and adjust it much more quickly than by catching it in the arms. The full-back's motions should be as few and simple as possible, the aim being to get the ball away as quickly and safely as possible. Having got in his kick, the full-back should do his best to put his own side on side by a good sharp sprint down the field. The distance of the kick should be determined by the speed or ability of the forwards to cover the ground.

The direction and location of the kicks will depend upon the territory in which the conflict is waged, the wind, or the scheme as to where to kick.

The chief function of the full-back is to kick. As said before, he should have

a great deal of practice in kicking. As to the different kinds of kicks, there is no doubt that the punt is of first and primary importance. Whether the full-back uses the straight or round kicking, his first idea should be to get the kick in; the second, distance; third, placing. A good simple punt is the thing to try for; "twisters" and "floaters" are a waste of time, and had better be dispensed with.

The full-back should be able to get in at least some practice every day during the season in punting. Next in importance is place-kicking in try at goals. In close games two points made or lost after a touch-down may mean the game. The full-back should have some one to practise holding the ball for him—some steady, reliable hand, in which he has confidence.

The last in importance is drop-kicking. A goal from the field, to be sure, may mean the game; but there is a large element of luck in this kicking, as well as skill, which

leads one to put it last. There should be occasional practice of the drop. The efficiency of the full-back in dropping goals can alone determine its use and value in a game.

On the defence, the full back should stand back about the distance that the opposing full-back is able to punt, say thirty-five or forty yards. Standing nearer is dangerous, on account of the probability of the ball's being kicked over his head and an end run. If the full-back stands nearer, as some men do, he should keep a sharp lookout for a quick kick. Within his own twenty-five-yard line, the full-back may safely stand half-way between his rush line and the goal line, as a kick is not likely, since it would go over his line and be brought out twenty-five yards under the rules.

If a runner gets past the rush line, the full-back should not wait for him to reach him (full-back) before attempting to down him. The full-back should advance and

take him as near the line as possible, because that saves distance, and does not enable the runner to dodge him near so easily.

Tackle low, hard, and sure.

7. *The Quarter-Back*.—What the cockswain is to the crew, the Quarter-Back is to the eleven. Each runs the game, so to speak; but the success of the eleven depends more largely upon the quarter than the success of the crew upon the cockswain, since the crew employs the same stroke, but the eleven uses many plays that are finally selected and executed by the quarter. The quarter is really a second captain.

The first essential qualification of a quarter-back is brains. He should be able to take in a situation at a glance, to think quickly, and to put that thought into execution at once. He should be cool without being deliberate, enthusiastic without being excitable. He should be

brimful of nervous force and energy, and of tireless activity. He should be absolutely fearless, and of positive force of character.

The build or physique is of least possible importance in a quarter-back, provided only he have the other qualifications. A quick, strong, wiry man not above the medium height, and weighing from 145 to 160 pounds, would be the ideal as far as physique goes.

The quarter-back should have constant, painstaking practice in handling and passing the ball. All spare moments on and off the field can most profitably be put in by him in receiving the snap from his centre and passing to some back. By that practice he gets used to his centre, and learns intuitively when and where the ball will come every time.

The position of the quarter on the offensive will vary according to the style of snapping the ball used by the centre man.

If the centre puts the ball into play by a toss, the quarter may stand three or four feet back.

The two most common ways of putting the ball into play are the "end" and "flap snap." Take the position of quarter in receiving the "flap snap" first. The quarter stands, or rather kneels without touching his knees, close up behind the centre about a foot from the centre. He should face the same flank of the line all the time, so as not to give the play away. The quarter should get his body low and well forward, but must not squat. The feet should be at right angles with the gridiron line. He should stand on the toe of the rear foot and the ball of the forward foot, most of the weight of the body resting on the forward foot. The rear leg should not be straight, but angular. The position is such that the quarter can start quickly in the opposite direction from that he is facing to receive

the ball. Turning to the rear is easily and quickly done by using the balls of the feet as a pivot and swinging the body around on them. The quarter should put one hand down in line with the direction of the ball, to stop it as it is snapped back, and the other on the side to pick it up with. The principle is just the same as stopping a grounder in baseball. Stop it with one hand, and then pick it up with the other. The ball should be picked up cleanly and without fumbling or juggling. To prevent fumbling the quarter should know where his back is to be at a given instant, and so be able to see the ball when it comes back. To pick it up clean he must see it. It ought to require no more changing to throw than a baseball. The ball is picked up with the fingers over one end of it; the other end is bound to point up the arm, and thus it is all ready for throwing. Upon receiving the ball, the quarter should pull

right away from the centre, delivering the ball to the back with one motion of body and arm. If the ball is to go to the full-back for a kick, it should be an under-hand pass; if to a back for an end run, it should be a toss; if for a centre play, the ball should be handed to the back.

When the ball is snapped end over end, the quarter-back takes an entirely different position. He should stand squarely behind the centre, both feet being nearly on a line. He should stand near enough to the centre to take the ball on the first bound, just the moment before the ball reaches the point where it begins to fall. His distance is about from two to three feet. If the quarter stands farther back, this snap is slower than the previous one, and its principal advantage, quickness, offset. The passes are made just as from the other snap.

The ball is received from the centre just as a "pick-up" is made. No adjust-

ing of the ball ought to be necessary. The quarter here is freer and more natural in his movements; while in the other considerable skill is necessary, and a great deal of attention must be given to technique.

A quarter should remember, first, to make his pass accurate and sure; second, to follow it up. The rules forbid the quarter ordinarily from running with the ball, so he should never allow his half to hesitate or wait for the ball. A pass to a half-back for run around the end should be a toss, and the quarter should keep right up with the back, to interfere for him. On a run through guard and tackle, the ball should be given to the back by a short toss. The quarter should follow up behind to shove. When a play is sent through the centre, the quarter should hand the ball to the back, place it just where he wants it, then, putting his hands on the back's hips, shove him through.

A quarter should remember that his work is not done simply by giving the ball to the back, but he must get into the interference and the push. When the ball is passed to the full-back for a kick, the quarter should follow up his pass, and the moment the ball leaves his hand turn quickly around to block the most dangerous forward coming through the line to stop the kick.

The quarter should follow the ball closely, and the moment it is down be ready to start another play. He must press the button. If he is slow and uncertain, the offensive team play will be the same.

The quarter should know his repertoire of plays, their relative strength at different points of the field, the weak spots (if any) in the other side, the signals for all his plays, and make up his mind instantly which one to use or where to direct his attack and send the play right off. This requires quick judgment as well as good

judgment. The moment the centre puts the ball down, he should call out his signal. Some quarters call twice, once before the line-up and once afterwards. Once ought to be sufficient. The signals need to be called loudly, so that the whole team will hear. A little ginger and snap in his voice will help along the play. The signal is really a command, and must be given as such.

The signal having been called, the quarter should signal his centre in some way to let the ball come. Signal for the flat snap is generally a pinch. In that case, the quarter should keep his hand on the centre's, and make the pinch well under, where the movement of his fingers or muscles will not be likely to be seen. For the end snap, some hand signal may be used, or the centre may be instructed to send the ball back any time after the quarter takes his hand off him.

The quarter-back should remember that

he is responsible for the selection of the play and the execution. The captain should interfere with the quarter no oftener than is absolutely necessary. It takes away the self-reliance of the quarter, and makes him halting and diffident when he ought to be confident and aggressive. It slows up and demoralizes the whole game. The captain should give his instructions to the quarter before the game, or during the let-up, as a rule.

When off the field, the quarter-back should go over his plays, catalogue them, familiarizing himself with them and practising calling his signals. He should study when and where to order a kick. He should consult with his captain and coach as to the general ordering of the game.

Upon the defence, the quarter, with the other two backs, forms a kind of second rush line. The play of the quarter-back on the defence, unless some special as-

signment is made him, is that of a free-lance, a pirate, to mix up things generally and break through where he is least expected. He generally stands behind the centre, and the moment the play starts takes nearest hole. Ofttimes the guard and centre can make a hole to let the quarter through. This is frequently done in attempts to block the kick. Being a small man, he can get into and through small places, and ought for that reason to do yeoman's service for his side on the defence.

He should be on the *qui vive* all the time. No opportunity should be lost to break through and get the runner or take advantage of an occasional fumble by the other side.

8. *The Captain*.—The twelfth player on an eleven is the Captain. It does not matter particularly what position he holds, so that he plays it well. What the captain is, his team will more than likely be.

He impresses his team more than he is impressed by it. If he be a careless, indifferent sort of a player, his team will play that kind of a game. On the other hand, if he be a fearless, aggressive player, his team acquires that spirit. Hence the importance of the position and the care to be exercised in his selection.

The captain should be a man of positive force of character, with an ability to handle men, a genius for leadership, and with an enthusiasm that is contagious. A thorough knowledge of the game, acquired by long experience, of course is necessary. To achieve the best results, the captain should be the best player on the eleven. He must command by example rather than precept. He must be the real, not merely the nominal and titular, head of the eleven. Unless he knows his own game thoroughly, he has no time to give to his duties as captain. He cannot complain of the poor playing of others unless he is playing his

own position in a faultless manner, or as nearly so as possible. The best player on the eleven, of course, is the most efficient in a given position, brains (skill), brawn, and sand considered.

Merit, and nothing else except merit, should be considered in choosing a captain. The questions to be asked about a candidate for the position are: Has he decided force of character? Has he enthusiasm and sand? Has he the peculiar ability to command? Does he know the game? All things considered, is he the best player on the eleven?

The captain should be firm, not obstinate, and should have the unbounded confidence and support of his men. Fellowship, not friction; fight, not feuds, are his object. He should study how to get the best out of his men.

The captain should remember that his first duty is on the field, not in conventions. Playing, and not politics, is his

game. He should leave that part of the business to his coach or manager, who will, of course, consult him upon all matters of vital importance. The captain cannot do both.

Upon the beginning of the season, the captain should call around him his advisers, and lay out his plans for the season. The season opened, he should conduct the practice and development of his team, under the advice and help of his coaches. He should not attempt to do all the coaching, but should play his own position, so as to get used to his men and the men to him. One thing might be said about the matter of changing positions: the captain should keep his old position. To change is a waste of time and experience. Two places on the team are weakened by his change—the one he has left and the one he has taken. In making the change, he may not only cease to be the best man on his team, but actually the worst one,

and demoralize the whole eleven by his wretched playing. There are no "all-around football-players."

After having picked out his eleven and perfected the team play, the captain should then put the fight into his men. Upon the day of the match, just before the game begins, a few well-chosen words to his men will not be out of place.

Going upon the field, the captain should carefully look it over, note the condition of wind and weather, then see the lay of the land, etc. When the referee blows his whistle, he should be ready for the battle. Once in the fray, he directs the whole line of action. There is no time for councils of war then. Here is a case where one head is infinitely better than many. He is captain. He should keep his team tuned up to the concert pitch, and play the game for all there is in it from start to finish.

Part 11

THE TEAM

WHAT the individuals are the Team will very largely be, since the whole must partake of the character of the parts. Hence great care should be exercised in the selection of the individuals. Those only should be chosen who have obtained the highest skill and efficiency in playing the different positions. For, as Arthur Comnock has said, "the amount of an individual's contribution to the team play is the difference between him and his opponent in playing his position, or what he can do besides attending to his man."

The men having been selected, the problem now is to get them to play as one

man, as a machine, the object being to obtain concert and unity of action. The rudiments of team play may be taught the individual before the team is finally selected, and it is wise to do so; but the machine will never run smoothly until all its parts are finally selected and adjusted. The team, for this reason, should be selected as early as possible. Being the most difficult thing to acquire, too much time cannot be spent upon team work.

Offensive team play, in a word, is every man in every play every time.

CHAPTER I

THE OFFENCE

1. *Start-Off*.—Perhaps the least in importance, but first in logical order, is the Start-Off, or Opening Play.

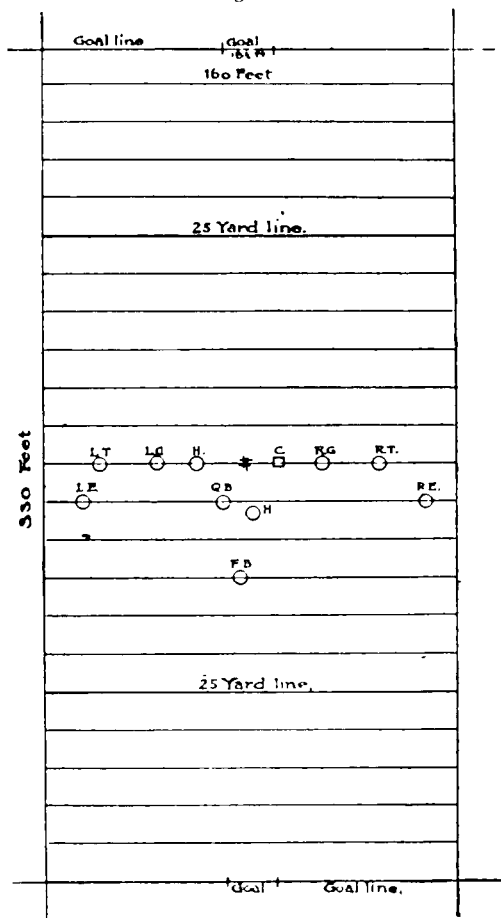
Until the revolution (sometimes called a revision of the playing rules) a year or so ago, this was the most beautiful play of the game. The two elevens lined up in front of each other, crouched ready for the fray. The variations in the start-off gave the spectators something new to look for, and put the player on the tiptoe of expectancy. Now all is monotony; each side knows what is going to happen. The ball must be kicked at least ten yards into opponent's territory.

The eleven should line up on the fifty-

five-yard line—the centre of the field. The rules allow three men to start before the ball, but not more than five yards back. The three fastest men should be selected for the flying start, preferably the two ends and a back. The ends should be out in the wings of the line, and the back near the centre; either one of the backs—full-back, if he be not the kicker—should be back at about the forty-yard line, to look out for a return. The other players should be lined up on either side in equal numbers, and at intervals far enough apart to sweep the field. See Diagram 5.

The ball should be placed and kicked by the best place-kicker on the eleven, it matters not which position he plays. There should be a signal for the direction of the kick. When the captain says “Ready,” the players at the centre line should get on their mark, and get away with the booting of the ball, or a little before.

Diagram 5



The ball should be kicked as far down the field as possible without kicking into touch or kicking over the goal line. The object is to gain as much distance as possible by the kick. If the ball is kicked into touch, it must be kicked over again. If kicked out twice, the opponent kicks off. There is no advantage in that. It is better to allow the opposing eleven to have the ball at their ten or fifteen yard line than have it yourself on yours, because you will have to kick right off; and there is greater danger of a block kick from scrimmage than from the start-off, because the opponents do not stand ten yards back.

If the ball be kicked over the goal line, it will be brought out to the twenty-five-yard line. Better kick over, therefore, than to kick into touch.

Going down under the ball, the ends will be the most likely to prevent the return; failing that, they should keep the

runner inside. The players can all see the ball, and their advances to the point where it falls should be converging lines upon the catcher.

The only way to retain possession of the ball after start-off is to kick it so that it will roll slowly enough to allow the rushers to follow it closely, and with force enough to carry it only the required distance. This was done by accident in one great match, and was thought a very good play. It is hard to make such a play succeed ; and, besides, the possession of the ball at that point is not so valuable as to allow the other side to have it farther into their territory and try to block their kick, as kick they must in order to get out of the corner. Possession of the ball is not always the thing to be desired. Territory, distance, position, are to be considered.

2. *The Scrimmage*.—Rule 1: “ A Scrimmage takes place when the holder of the

ball puts it down on the ground and puts it in play by kicking it forward or snapping it back."

By scrimmage is meant playing from a down. The ball is generally put into play by snapping it back instead of kicking it forward.

There are very few start-offs in a game as compared with the plays from a down. The former is determined by the number of touch-downs made, the latter by the speed of the team. There are three separate and distinct styles of playing from a down, which will be taken up in order and briefly considered.

(a) *The Direct Attack*.—This is a style of offence generally known as "Straight" football, "Common," "Ordinary," or "Barnyard" football.

The object of this style is to take a given point by force instead of stratagem. It aims to take the field by storm of shot and shell, not to draw the enemy's atten-

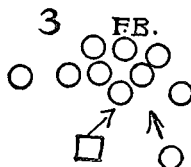
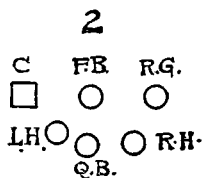
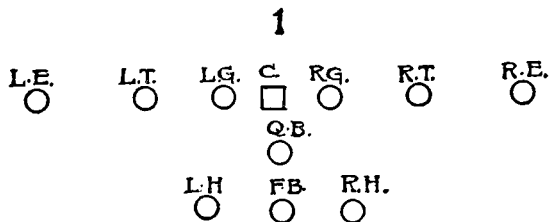
tion to one point and attack another. While, of course, the other side are not told the point of attack in their line, yet the play goes where it starts. If it starts for tackle, it goes there; if it starts for the end, it spends all its force in that direction, and nowhere else.

To illustrate the principle, take a few ordinary plays.

Full Back through Right Guard and Centre (Diagram 6).—No. 1 shows the formation before the play starts; No. 2, where the play hits the line; No. 3, through the line, everybody into the play. The centre and right guard will have to block longer than the other players, but should get into the push as quickly as possible. The play starts for right guard and centre, and goes there; there is no feint made in any other direction. The right half may be sent through right guard and tackle, in the same way the quarter-back, left half, and full-back behind him, and the left half through

the other side. These are commonly called dive plays. In them the backs should stand from three and one-half to four yards back. The success of the plays depends upon the runners reaching the line at the moment it opens with all the steam possible, and the whole eleven getting behind and pushing, as there will more than likely be something to push against. The

Diagram 6



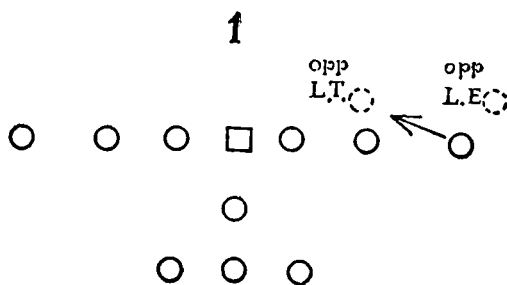
runner may get through clean; but if his own side is following him up closely, all the better.

In the dive plays, some teams send a man ahead of the runner to clean out the hole. The result is that he generally stops it up. The play, however, is very often effective, because the forward man, although stopped, prevents the runner from being immediately or cleanly tackled, and other players closing up the rear and putting the pressure on; a great deal of ground is gained in that way. The play is rather more of a tandem than a dive, and depends for success rather upon pounds than skill.

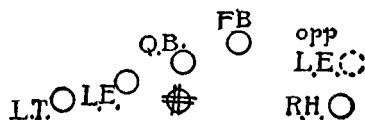
Circling the End (Diagram 7).—This may be done either as in No. 2 or No. 3.

In both cases the backs should unconsciously stand back a foot or two farther than for dive plays. The interference should be headed far enough out to draw out the opposing rush line. The end

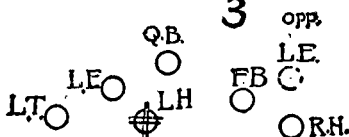
Diagram 7



2



3



should help block the opposing tackle, unless his *vis-à-vis* can handle him with ease. In the latter case, he should block his own

man. If the opposing end is a very good one, two men should be assigned to him, as in No. 3 ; if not, one, as in No. 2. The interferers should keep the opposing eleven on the inside as far as possible. They should not allow opponent to sift between them, but take the most dangerous man, the man nearest to the runner. They should run near enough to each other to lay hands on each other.

When they block a man they should go into him hard enough to knock him down and put him out of the play.

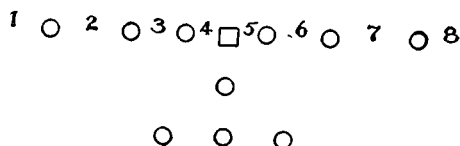
The runner should run free of his interferers, so that in case they are piled up he will not fall all over them without being tackled. He should use them. Their function is to assist him in advancing the ball. The runner should keep his eyes open to see where to go and when to turn in.

Simple straight plays may be sent

through any hole in the line, although tackle and end hole, or hole between tackle and end, is not generally used, because all round the end plays resolve themselves into tackle and end.

The simple line-up will show the number and kind of straight plays. There may be as many straight plays as there are holes in the line. See Diagram 8.

Diagram 8



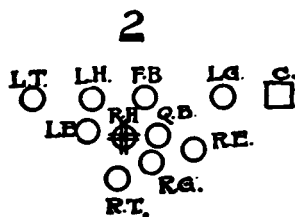
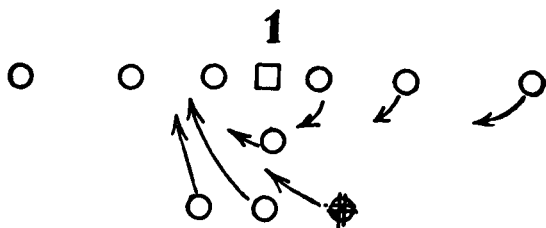
There is another class of plays little more advanced, but still belonging to the straight game.

Take the push play:

Right Half through Left Tackle and Guard.—Diagram 9 explains itself. The full-back and left half go ahead of the run-

ner, while the other players get behind and push. This same kind of play directed at tackle straight is called a wedge on tackle.

Diagram 9

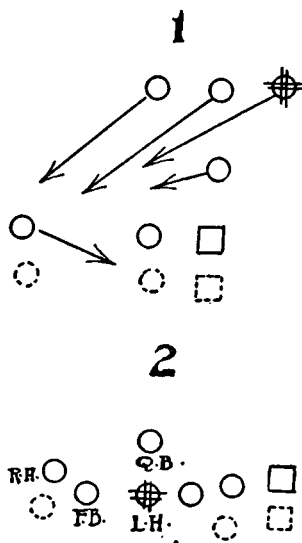


A wedge may be directed at any point in the line between tackle and tackle.

Diagonal Blocking.—In this play the right tackle blocks the opposing left guard,

and his man is taken care of by the backs, as shown in the accompanying Diagram 10.

Diagram 10



The familiar momentum plays invented by Mr. Deland may also be placed in the category of straight football.

Bringing guard or tackle back to head

the interference is also in the same class.

Straight football is the foundation and constitutes the bulk of the offensive games. Hence no time put in drilling and perfecting this simple but effective style of advance is lost.

(b) *The Indirect Attack*.—This is commonly called trick play. A trick is a feint with the left and a lead with the right, a sham attack upon one point in the line and a sudden concentration upon another.

Trick is hardly the word to use, because it has a bad odor about it, implying something unfair. The word strategic will perhaps best characterize the class. The growth of this style of play has been marvellous in the last few seasons. The tendency at present seems pretty strong in the opposite direction towards straight football.

One of the oldest tricks is the familiar criss-cross between the two half-backs.

There is a very good criss-cross between tackle and end. The end should be near the side line, say over on the right. Let the left tackle run twice, and on second run give it to the end who has the long field, and if speedy he should make a good run.

Massing of the men on one side of the line, so as to draw the opponents over, and then attacking the other side, is another trick, as in right end and tackle over. There are many formations, plays, or tricks from queer line-ups. There are the two general classes of tricks: tricks from ordinary line-up, and tricks from formations.

But there are also plays in which the ball is concealed, as the famous play used by Stagg's team, in which the opponents were drawn out towards flank and a runner sent through the centre.

There are also a number of plays devised by Mr. Deland, in which right-angled blocking is used.

The quick kick and the bluff kick are also in the same category—*i. e.*, belong to the strategic game.

A new trick used last season for the first time is the scrimmage kick. The centre puts the ball down as if to snap it back (the rule allows him to put the ball into play by either kicking it forward or snapping it back). Instead of snapping it back, he kicks between the opponent's legs. The object is to kick about ten yards, although that is not necessary, since the rule as to distance of kicks refers to start-off, or when perhaps a kick is called for. If the ball strikes an opponent and the same side that kicked it gets the ball, it is a first down, having been put on side by touching an opponent.

The number of tricks possible is limited only by the rules of the game. The captain must work them out for himself, but it is hardly wise for him to act like a boy with a new toy, and see how many things

he can do with his eleven. It is a great mistake, a needless waste of time. A scientific game is not necessarily a trick game. The other side cannot be tricked into defeat. It must be whipped into defeat. Formation may be something, but execution is everything. The fewer the strictly trick plays the better. Four or five are a sufficient number in a *répertoire* of plays.

(c) *Kicking*. — The credit for the kicking game is really due to Marshall Newell. Teams kicked long before his time, to be sure, but it was left to him to demonstrate the true value of kicking as a part of the offensive game. It was the wonderful record of the Cornell team two seasons ago that showed to the football world the advantage and possibilities of this style of advance.

Kicking is the easiest method of gaining ground, although it gives the ball to the opponents. The only men that it

works very hard are the two end rushers and the kicker himself, but for the other eight, or the whole team, it is considered much lighter work.

It is better to allow the opposing team to have the ball on their own twenty-five-yard line than to have it yourself on your own twenty-five-yard line. It is almost impossible, when the teams are anywhere nearly equally matched, to rush the ball from goal to goal without relinquishing it. One team starting from its own twenty-five-yard line may rush the ball to centre of the field, or to its opponents' forty-yard-line. There it is more than likely to lose it. The defensive team is getting stronger all the time, and the offensive one weaker. It uses up all its ammunition, its strength, and power without having come within scoring distance. The rushing game was perhaps a very brilliant one, but has failed to realize anything on the outlay. It is much easier to rush thirty

yards than sixty; hence the object should be to boot the ball as far down in opponents' territory as possible, then wrest it from them, and score from that point which is much nearer opponents' goal, and the offensive team is in much better shape for the supreme effort to score.

An eleven should have a scheme for their kicking game determined by the relative strength of their rushing and kicking. How much kicking can be done depends on the direction of the wind more than anything else. If the wind be with the offensive team—that is, blowing towards opponents' goal—kicks may be frequent. If the wind is against the offensive eleven, how much kicking may be done depends upon the kicker. If he can do the long, low punt against the wind, the scheme need not be different from that when the wind is favorable. If the kicker is unable to do this, the offensive team should rush the ball about

the distance that the wind shortens the kick, and then boot the ball. If the wind be so dead against the offensive team, it should play a slow, rushing game.

If the full-back on the defensive is better than the full-back on the offensive, the latter team should rush the ball the difference in the kicks, and then boot it. Thus the superiority of the opposing kicker will be in a measure offset.

The wind being favorable and kickers on both teams being nearly equal, a team will find it good policy to kick on the first down anywhere from its own ten-yard line to its forty-yard line; on the second down, that point to opponents' forty-yard line; and on the third down, from that point to opponents' goal.

Do not wait until the third down to kick. Your opponent expects you to kick then, because you must. Good judgment should be exercised in the placing of the kicks. A team should not kick

from right under its own goal-posts, because of danger of the ball striking an upright or the cross-bar. Change the territory by running a play out on the end, then kick. A ball kicked from away down in a team's territory, say from behind the goal line or ten-yard or fifteen-yard line, should not be directed to the middle of the field, because of danger of a fair catch, and try for goal by place kick, as the ball will hardly go farther than the thirty-five-yard or forty-yard line, and may go a much shorter distance. The aim should be to kick the ball down the side lines as far as possible, and into touch. The ball should finally go into touch, otherwise it gives the opponent a "long field" and a great opportunity for a return run. The ball may not go so far, but it must be brought in and put down for a scrimmage. If from that point an attempt be made at a drop, the ball must go by a considerable distance.

a drop is blocked more easily than any other kick, because it rises more slowly, or the angle it takes with the earth is more acute, and therefore nearer the reach of the forwards. A ball kicked from the proximity of a team's own twenty-five-yard line should be kicked directly down the field, because more distance can be gained. The aim should be to drop the ball in front of opponents' goal-post. A ball kicked from any point in opponents' territory that is beyond middle of the field should be directed to a corner, and sent into touch as near opponents' goal as possible.

A straight kick may go over the goal line and give opponent right to bring out to twenty-five-yard line and have a free kick. The only other alternative in this territory is to make a short punt, a high punt, so as to land the ball just outside opponents' five-yard line.

If the team has a good drop kicker and

the point of play is any point within opponents' twenty-five-yard line, it is well to try a drop, especially if the game is close and the result uncertain. Better try on first down than make it a last resort, unless ground-gaining is easy and chance of touch-down is better.

The kicking game is nearer the original game of football than any other. It has other advantages besides that of ground-gaining. It keeps opponents in their own territory all the time ; it keeps them on the defensive, whether they have the ball or not. They must either kick or rush. If they rush they show their strength. If they use same tactics and kick, the rushing games of two teams being equal, the superior kicker will win.

Besides, there is an element of uncertainty and chance in the game that lends interest and enthusiasm. A muff or fumble may give an unexpected chance to score. A successful on-side kick gains

the distance and retains possession of the ball. It shifts the point of play on the field, and gives a greater variety.

(d) *Signals*.—A Signal is a sign of some kind given to indicate to player the play to be used and the time of its execution.

There are two kinds of signals, the vocal signal and the visible signal—the one addressed to the ear and the other to the eye.

Signals should be as simple as possible, so as to be easily understood by the side using them. The tendency is to make them rather complicated, in order to make them unintelligible to the other side; and the captain framing his code of signals is very apt to presume too much on that score. The result is that the signals are more mystifying to his own men than to the other side. Avoid by all means a complex system.

The signals, once decided upon, should be thoroughly learned by constant drill,

drill, drill. It is important that every man should know them thoroughly. They ought to be second nature to him. They should be perfectly clear to him the moment given, so that there be no conscious effort of the memory at all. Without them there can be no concert of action at all, and team play is absolutely impossible.

In the first place there must be a vocal signal, as it is almost impossible for the whole eleven to get a visible signal.

A very simple code is to number the holes in the rush line from left to right, or *vice versa*, and then disguise the hole number by some simple combination of figures. Number the holes as shown in Diagram 11.

Diagram 11

1 ○ 2 ○ 3 ○ 4 □ 5 ○ 6 ○ 7 ○ 8

The hole number will indicate the point in opponents' line where the at-

tack is to be made. Take a simple series of numbers, as 12, 61, 83. Let the number of the hole be the second digit of the second number. The second number of the above series is 61; the second digit is 1; hence the signal 12, 61, 83 would indicate a play around the left end. 23, 24, 46 would indicate a play between left guard and centre.

A system with an index number is often used. For example, let the index number be 43 and the hole the second digit of the first number after the index number. The signal 10, 43, 88 would indicate a play around the right end, 8 being the hole called for.

Or plays may be lettered, as is often done. All formations should be numbered or lettered in some way.

If the play called for does not indicate which back is to carry the ball, the quarter-back should have a silent, visible signal of some kind. Most often, the quarter

uses finger signals, putting the hand behind his leg where it cannot be seen. One finger may indicate the left half ; two fingers, the right half ; and three fingers, the full back or middle man. Pulling up trousers or stockings, or scratching head, may indicate what man is to take the ball.

The players should get into their places as quickly as possible, ready for the starting of the ball, and the centre should snap the ball back as soon as the quarter is ready.

Some teams use a signal for the starting of the ball, but it is of doubtful value. It is simply a signal to tell the other side when to break through, if once caught on to. False starts are made more frequently, and thus offset any additional speed that such a signal might give.

The signal should be called but once, and once only. The second calling is not necessary at all. Besides, it slows up the game. Men feel that they have plenty of

time after first call, and loaf to their places. They are not particular about catching the first signal, since it must be given again.

The signal should be called by the quarter-back, as the play must be started by him, and he is in a better position to see the best opportunity for a next play, and he can be easily heard from either flank of the line. If captain should change a play, he should not call the signal himself, but tell his quarter the play he wants.

The signal should be called loud enough to be heard by every man in the midst of the din of battle. The quarter should put as much earnestness and enthusiasm in the calling of the signal as possible. Snap it out, and let the merry war go on.

Where sequences are played without vocal signal, the quarter should have some sign for his back, although it is not absolutely necessary. Sequences should be short. The place to play them is at the

opening of the game. They cannot be played continuously, as the contingencies of the game cannot easily be foreseen.

(e) *Generalship*. — The subject of offensive Generalship is one that is difficult to treat in a satisfactory way. Every one knows what it is, but to express it is another thing.

It is not the petty politics or jockeying before a game, but it is the conduct of the game in actual progress upon the field. Good generalship consists simply in doing the right thing at the right time and place. But every act must be upon some special line or plan of offence. The one object of the side on the offensive to which it bends its every energy is to score, to carry the ball across the opponents' goal line. Good generalship consists in taking it there, and its only criterion is success, notwithstanding the fact that the defeated team may show as good generalship as the successful one.

The generalship of the game devolves upon the captain, and rightly so. There must be one head on the field, and only one. There is no time for consultation upon the field. That is the place for action. The captain must command, the others obey.

A game may be largely planned before going upon the field. When the game is being mapped out is the time for consultation with coaches and players. Before the game, it may be decided what is to be done under given conditions of wind and weather, or what is to be done if the team gets the ball at start-off or not.

By studying the opponents from their preceding games, it is possible to determine somewhat in advance the kind of game that is likely to succeed against that particular team.

The strength and weakness of the team must be considered also—what are its strongest parts and its weakest points.

First, consider the matter of generalship without reference to the opposing team. There are two ways of advancing the ball: one, by kicking; the other, by rushing. The rushing game is divided into straight football and strategic. There are practically three schools of football: the simple straight football, the strategic, and the kicking. The right use of these different methods of advancing the ball, the proper proportion of each kind of plays, are the great problems of good generalship.

Simple straight football should form the basis of the offensive game. It is more easily executed, and is less exhausting upon body and mind. A trick requires the doing of so many things by each individual at a given time that there is produced a great mental strain. Men begin to worry and wonder whether the trick will succeed. And if a fine trick fails, they despair of the success of any-

thing else and so lose spirit ; at any rate, they have lost that force and energy necessary to play good, hard, straight football. The trick should be merely an incident of the game. Its proper function is simply to add a little uncertainty and to keep the other side guessing. It is a mistake to think that the only scientific game is the strategic one. The science of the straight game does not lie in the formation, but solely in the execution.

Then the bulk of the rushing games should be straight football. Three or four or half a dozen at most are a sufficient number of tricks. The whole *répertoire* of plays should be not less than twenty, nor more than thirty. A few plays well executed are better than a load of stuff indifferently learned.

The kicking game has been dealt with in a previous section. It may not be best in all cases to have the kicking game the

dominating feature of the offence. That will depend largely upon whether the team is best at rushing or kicking. A judicious admixture of both is the desideratum. If a team has the wind in its favor, it should take advantage of it and kick often. If it has the wind against it, it will be forced to rush, more or less.

Here are some general hints when the rushing game is resorted to : When a team is down on its own territory, if it is going to rush, the play should be one that is likely to make considerable ground if it succeeds, and an open play of some kind should be the one used. Short dashes will oftentimes carry the ball a great distance, only in a majority of cases to be given to the other side after a great waste of strength and energy.

In opponents' territory, plays to be used that are the most reliable are those that are likely to gain the required distance. Tricks should be sprung when least ex-

pected, and executed so as to take the other side by surprise.

In bringing the ball in from touch it is not wise to always use the "long field." The "short field" often yields good ground.

The plays should be varied enough to keep the opposing line into its normal position. If one point be continuously attacked, that point will be strengthened. If the middle of the line be attacked, the middle will close up. If the flank or end be attacked, the line will be opened, because of a movement towards end in order to better protect it. The line should be continually opened and shut, so as not to allow the opponents to concentrate at any given point.

The speed in playing is another feature in generalship. It is not the number of plays per minute that counts, but the speed in execution. Hasten, but don't hurry, is the rule here, as everywhere else.

Enthusiasm, and not excitement, is what is wanted. Too rapid a succession of plays results in a jumble merely, and a sort of feverish excitement, instead of deadly execution. Still it must not be understood that a calm, deliberate sort of a game is the one to be played. When the opposing team is on the run, there should be no let-up in the fire. As the advancing party gets nearer the goal, the harder, faster, and more aggressive should be the game. No time should be given the other side to pull itself together, but it should be driven back and over the goal line; then it is time to rest.

The Opponents Considered.—If the opposing side is weak on the ends or at a particular end, it is good generalship to take advantage of that weakness. The same thing is true of tackle or centre. This is to be considered, however: that opponents will always endeavor to reinforce or strengthen a known weakness. And the

result is that the nominally weakest point may be the strongest. It is well to try the whole line occasionally. The strong man may be caught off his guard. While plays or downs should not be wasted against a stone-wall, the brutal policy of attacking one point all the time until it gives away should not be indulged in, even on the ground of generalship.

The formations of opponents' backs, their system of defence, must also be considered in the ordering of the game.

The Offensive Team Itself Considered Subjectively.—A team ought to make the best use of its own strong points. If a particular back is good at carrying the ball, give him enough to do, but don't kill him. If there is a back particularly good at kicking, kick and kick frequently. If a tackle or guard is good at making holes or immensely superior to the man opposed to him, send plays through that point.

Generalship, finally, consists in playing the game intelligently.

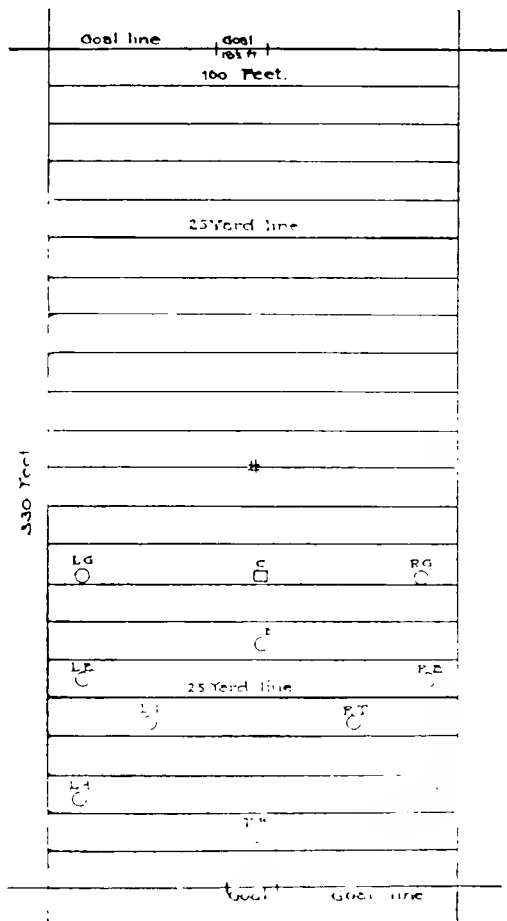
CHAPTER II

THE DEFENCE

THE general understanding is that the side not having the ball is on the defensive, but in reality a team is on the defensive as long as it is in its own territory, whether it has the ball or not. Defence will be used here in the ordinary sense: the side not having the ball.

The importance of a systematic and scientific defence is emphasized by the fact that it is just one-half of the game. A team with a perfect defence, while it may never win, certainly can never lose. On the other hand, it may be able to score itself, but if it cannot keep the other side from scoring, may lose in spite of a fairly good offensive game.

Diagram 12



1. *Defence to Start-Off* —The defence to the opening play is comparatively a very simple thing. The side on the defence should arrange itself so as to cover pretty effectively its whole territory. The placing of the men will depend largely upon the characteristics or qualities of the individual. They should be so arranged that an interference could be quickly formed for a run or a return made from any part of the field, no matter where kicked. Diagram 12 (on preceding page) may serve to give an idea from which many variations may be made.

The present code of playing-rules requires that the ball be kicked at least ten yards into opponents' territory. An attempt is seldom made to kick only that distance and no farther. Hence the three centre men are placed on the forty-yard line. If the ball be simply kicked ten yards, they ought to be able to cover five while opponents cover ten. The three

centre men should look out for a short kick along the ground, and be ready to drop on it. They should also be on the *qui vive* against the old trick of kicking the ball into them. If the ball passes them, they should block the nearest man, who will always be the fastest and most dangerous.

The quarter-back is placed on the thirty-yard line, to look out for a short kick, and to look out for middle of field. The ends are placed between the twenty-five-yard and thirty-yard lines, well out, near touch. They are to prevent any kick in their vicinity from going into touch; also if ball is kicked to either of the sides, he ought to be able, because of his speed, to carry the ball back some distance at least. The tackles are placed on the twenty-yard line to lead the interference in case of a return run. The right and left halves are on the ten-yard line, and ought to cover all the ground between them and the tackles.

Lastly, on the five-yard line is the full-back. The backs should exercise good judgment, and allow every ball that will go into touch to go there, as it will have to be kicked over again. If the ball comes anywhere near goal line, full-back should allow it to go over, so that it can be brought out to the twenty-five-yard line. The full-back should call out to the man catching the ball whether to run with it or not. As a rule, any one who gets it, except the three backs, should run with it as far as possible. If one of the three backs gets it and a run is called for, the two tackles and other two backs should form the primary interference, and the other players get around the runner as quickly as possible. In the vast majority of cases it is best to return the start-off by a punt. Possession of the ball is of little advantage when it is in your own territory.

Another very good defence to the start-

off is the following: Place the tackles, centre, and guards on the forty-five-yard line or ten yards from centre. Their duty is to block the speediest forwards on the other side; they can at least delay them by forcing them to go outside of them. The reason for placing them on that line is that the nearer you are to a man the better you can block him. The field is broken quicker, and gives the backs a fair chance for either a return run or kick.

The ends are placed on the thirty-yard line. They are to look out for kicks between them and the first line. The quarter stands mid-field on the twenty-yard line to cover boundary between ends and backs.

The halves stand on the ten-yard line and the full-back on the five-yard line to cover remainder of territory. The scheme, in a word, is that the six fastest men cover the territory, while the rest of the men

block and delay the opposing forwards who are rushing down on the kick as much as possible.

2. *Defence to a Scrimmage or Down.*—

(a) *Theory of.*—A given territory to defend, and a certain number of men to do it with, is the problem of the defence. The territory to be defended is one hundred and sixty feet wide at all points (width of the field) and one hundred and fifteen feet deep, more or less, reckoned from the centre of the field. The number of men is eleven.

Whenever the two opposing elevens are lined up on the field there is theoretically a line of one hundred and sixty feet, through any part of which the eleven on the offensive may advance. The smaller the territory is made through which an advance is possible, the better that territory may be protected by the eleven men. Eleven men can better protect territory A than territory B (Diagram 13).

They can concentrate more quickly upon any point attacked.

Diagram 13

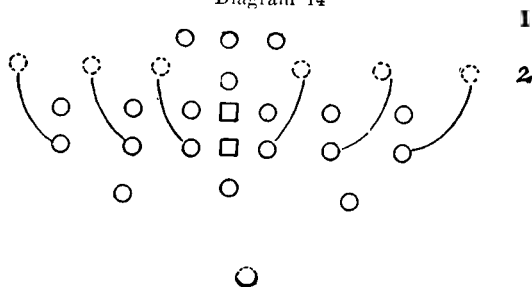


The natural tendency of the rush line the moment a play starts from the opposing line is to pull open, because of the effort of the men to break through on the outside of their men, as seen in Diagram 14. The solid rings represent the one before breaking through, and the dotted ones after breaking through.

The effect of this is to make holes for the other side, enlarge the territory to be defended, and thus weaken the line. Line 1 in Diagram 14 is stronger than line 2, because it is not spread over so much territory, and therefore more compact. Hence the secret or principle underlying a scientific defence is one that closes the line up

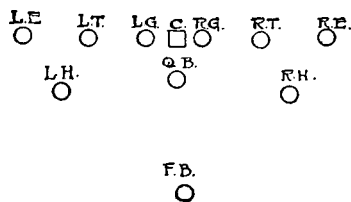
the moment a play starts from behind the opposing line, thus diminishing the terri-

Diagram 14



tory, and better enabling eleven to protect it. To accomplish this purpose the whole team must work along a certain line. The general line-up of the defence will be something like Diagram 15.

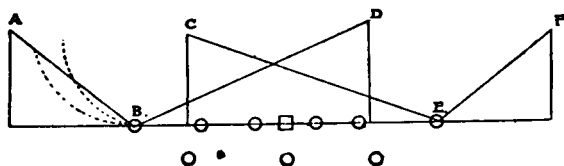
Diagram 15



The prevailing notion about end-rush playing is that the duty of that player is simply to turn the runner in, to look out for the outside, as a result of which the end will often retreat to the side line, and leave an immense amount of territory to be covered by tackle, guard, and rush-line back.

In a scientific system of defence the end should take a different direction altogether. See Diagram 16.

Diagram 16



The end should take direction B D, instead of A B or the dotted lines. He should go in on as sharp an angle and as quickly as possible, the aim being to reach the runner before the interference is

formed, and to turn him in towards the centre or force him to run back towards his own goal, in order to get around to the outside.

The end should be careful to keep a little to the outside. The end will always be able to take this direction, since his opponent seldom or never plays in front of him. The territory to be covered when the end plays in that way will be from C to D, instead of from A to D. The letters changed, the same would be true on the other side of the line. The end drives the runner into the pocket or stone-wall formed by the other forwards. The end is primarily responsible for the outside, and secondarily for the inside. The same is true of the guard. The centre is primarily responsible for the holes both sides of him. This primary and secondary defence of the different holes or parts of territory may seem somewhat puzzling at first, but it is absolutely necessary to se-

cure any consistency or firmness in the rush line, as the strength and power of resistance of the rush line depends upon the unity of the parts. It means simply helping each other, or team play.

The tackles and guard will go through on as small an arc of the circle as possible, in order not to pull the line open. The centre will hold his ground until he sees that his position is not attacked, and then take the nearest hole to the runner. The rush-line half should stand just outside of the tackle. The half should go through between end and tackle, as a rule following close upon the end. The ground between end and tackle is the most dangerous. The half should be in a position to help both end and tackle. If the runner turns inside of end, the half should be there to pick him up if he goes outside, he having to run backward towards his own goal in order to do so ; the half ought to be able to reach him. The probability of the

runner's getting outside of the end is very remote.

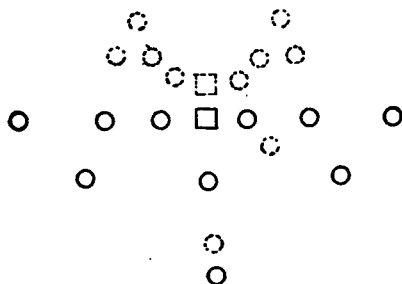
The rush-line half must use a great deal of judgment about his playing. It is difficult to lay down any hard and fast rule.

The quarter-back hovers around behind the centre-rush, and will help him in looking after the centre holes, at the same time keeping a sharp lookout upon guard and tackle holes. He plays more of a safety game. At the same time, if he sees a good opportunity to go through he should do so. The quarter, however, should never undertake to play between guard and centre. How much of a free lance the quarter may be will depend largely upon the strength of the centre. The full-back stands the usual distance, and should advance towards the rush line with every play. The position of the players after getting through should be something like the dotted men in Diagram 17.

To secure this position, the men in the

forward line must break through sharply and cleanly, not occasionally, but every time. The object of breaking through

Diagram 17



is to tackle the runner. Every tackle is every man in the line's tackle. "No matter where the runner goes, through what hole, he is my man, and I must get him," should be the motto and spirit of every man on the defence.

When the opposing side is going to kick from any point between the two thirty-five-yard lines, it is a very good rule to have the ends drop back and out

five yards. That enables them, in case of a fake kick, to get back to stop an end run, or, in case it is a *bona fide* kick, to get back so as to protect the backs catching the ball. When the opposing team kicks inside its own thirty-five-yard line, the ends should break through with the other forwards to help stop the kick.

(b) *Particular Styles of Defence*.—The University of Pennsylvania has a unique and singular style of defence used by no other eleven, so far as the writer knows. Its point of difference lies in the play of the tackle and the rush-line half-back.

When the ball starts, the half-back takes the tackle, and literally hurls him through the line on the inside of his man, while the half and the end take the outside. The scheme seems to work pretty well; the tackle almost invariably gets through, and, if the play has not advanced beyond centre, is in a good position to stop it. The hole between the guard and tackle

being well protected by the tackle going through it every time, the guards face in towards the centre, and so protect the centre holes fairly well. The line from tackle to tackle is very strong in the defence. But the ends rather play the old safety game, through and out instead of through and in.

Princeton's defence—and indeed many colleges use a modified form thereof—is marked by the constant playing of half-back between the tackles and guard. Many teams allow the half to get in between tackle and guard and out again. But the Princeton halves stand in tackle place more continuously. This makes the line longer, but not thicker; and the half and tackle playing opposite the opposing tackles may fool him or rattle him, so as to allow both men to go through. This, however, will not phase an old player who knows enough to take the inside man and call to the end to take the

other. The half-backs to play this game must be good, big, strong fellows, otherwise they have no business in the line.

There is also a plan of defence most commonly used when the end man takes the outside hole, the centre and quarter the two centre holes, and the half-backs play a safety game.

(c) *Defence to Special Plays.*—The defence to special plays depends upon the character or underlying principle of the play itself. The recent changes in the playing rules abolishing momentum and mass plays have largely eliminated special defences. Hitherto when one team knew that another which it had to meet had a peculiar play, the former would have the second eleven use the play against it until it worked up a special defence to that particular play.

The rules are constantly changing, but it might not be altogether useless to state a few general rules. Mass plays are the

most common special plays, some of which are possible even now under the changed rules.

To stop a closely formed mass play, the player or players against whom it is aimed should go into it low and hard with shoulders and then fall flat. To simply fall down in front of the mass, the play may go right over them. Shove it back, and then fall. A loosely formed mass play should be stopped by ripping right through the players to the runner. Such a play is hard to pile up, and lying down in front of it does little or no good.

When a wedge is directed upon centre, the three centre men should go into it head and shoulders, first shoving the apex in, and thus opening wedge and forcing the runner to the outside.

After shoving in the apex, the three men naturally fall flat, and thus prevent further progress over them, and the other men take care of the flanks of the line.

The old revolving wedge is a difficult play to stop. Like the push ball, you can hardly tell which side you are pushing for. So the only way to stop it is to get inside of it to the runner. To lie down in front of it and tackle all legs in sight may result in having the play roll around you and on; besides, you cannot tackle a man who has not the ball.

Momentum plays may be easily stopped by allowing the flying men to pass you and not strike you. If a man stands with his body well forward and his arms outstretched in front of him, he can bear off to one side or swing to one side the man who tries to hit and get him out of the way. Don't let the flying squad touch you.

The ancient criss cross trick which very often succeeds may be stopped by simply having the forwards go through every time and not run behind their own line.

Finally, there is but one way to stop all

trick plays, and that is to keep your eyes on the ball. It does not matter which way the men run ; watch the ball, and follow that.

(d) *Defence to Different Parts of the Field.* — In general, the defence to all parts of the field should be equally strong ; but there are parts where the offensive eleven redoubles its efforts, and to successfully oppose these the defensive team must do the same.

When a team is within its own twenty-yard line on the defensive, the full-back, instead of standing back near the goal, should come up to within four or five yards of the line, as he can be of infinitely more service there in reinforcing the line. The object should be more than ever to prevent the opposing runners from passing the line. Once pass the line with a touch-down looming up to view and the short distance to cover, the chance for stopping him is very slim. If the other side kicks,

it will more than likely go over the line, so that the full-back need not worry about that. In this territory, also, the greatest possible effort should be made to get the ball. The centre men especially should play for the ball.

The centre man and guard may make a hole to allow the quarter-back to go through and work deadly havoc with the play. Everybody should play for the ball. Sharp, desperate, active breaking through, added to the nervousness of the other side, will often get the defensive eleven out of a small hole.

When inside opponents' thirty-five-yard line, the ends, instead of dropping back and out when the opposing side is going to kick, should play up in the line, and go through to try to block the kick. The ends, to be sure, are at the longest distance from the kicker, but they may distract the blockers sufficiently to help some other man to stop the kick.

In plays just within the side lines, the short field should be carefully guarded, and a concerted effort to force the play outside and into touch, thus making the offensive team lose its first trial to advance—*i. e.*, the first down.

A team should never delay the game by playing slow simply because the other side is ahead and it is most of the time on the defensive. It is an unfair and disgusting practice, and unquestionably poor generalship. The other side, seeing that it has an easy thing, will simply play all the more bold, confident, and aggressive game, and pile up the score; whereas a constant, stubborn resistance, a die-in-the-last-ditch defence, will keep the other side guessing all the time.

But oftentimes a team may find itself being pushed back towards its own goal steadily with no apparent good reason. The cause may be simply a little nervousness on the part of the men, and if the

captain will simply call time a moment, the result often is that the men get right together, and steady down to their work.

A team that is forced to be on the defensive most of the time will do well to kick constantly and frequently whenever it gets the ball. Of course it should rush when it is opportune to do so.

(e) *Defensive Generalship*.—All that was said under *d*, properly considered, is Defensive Generalship. The shifting of men to meet new and unexpected plays may often prove effective. Havoc may be worked with another team's offensive plays by playing two men against a green player on the opposing line and thus putting a man through every time. The condition of wind and weather and the field should all be taken advantage of.

To sum it up in a word :

Defensive generalship consists in keeping the other side on the defence. The

best way to defend one's own territory is to advance into the other fellow's.

The same rule applies when a team is pushed back into either corner of its territory. In both cases, the end on the long side of the field should keep a sharp lookout for a dash around the end.

When a team gets possession of the ball in close proximity to its own goal line, it is really on the defensive, as has been said elsewhere. The ball must be booted from behind its own goal line, more than likely. Then it is that the full-back should exercise great judgment; and if the opposing forwards are through the line and on him before he can get in his kick, he should allow a safety, and not give the other side a touch-down. Better give up two points than four or six.

SUPPLEMENTARY CHAPTER

TRAINING

ANY correct system of Training for a team comprises three separate and distinct elements : the physical, mental, and moral.

An eleven should be physically fit to play a hard, fast, furious, and aggressive game from start to finish, and not in trial heats or to make a relay race of the game by playing sixteen or twenty men because of the inability of the individuals to meet the physical requirements of the match.

A team should be mentally fit in the sense that it thoroughly knows its own game from A to Izzard. Every man should know every play, and his place in every play. The signals must be second nature.

He should not need to think in order to perfectly execute the play—that is, there should be no conscious effort of the memory.

After being able to play the game both physically and mentally, the next and final thing is to play it. This brings us to the third element, the moral. By that term is meant more properly morale—the mental state, the spirit of the eleven.

1. *Physical Training.*—It is not the purpose of the writer to deal with the subject of diet. In passing, it may, however, be said that the proper diet for a man in training is any plain, wholesome, nourishing food whatever. Highly seasoned foods, sweets, and all alcoholic stimulants should be avoided. The value, also, of from eight to ten hours of good, sound, refreshing sleep cannot be overestimated.

In general, one broad, comprehensive rule may be laid down with regard to

training for athletic contests, and that is this :

All training must be adequate to the demands of the particular kind of contest to be entered into. Light athletic contests, light training ; heavy contests, heavy training. The same training requisite for baseball would not be sufficient for rowing ; nor can training for track athletics be at all adequate for football. Different sports make different demands upon the physical man. And the training for each must be adapted to meet the demands of each.

Now, football is the most vigorous and hearty of all our athletic sports. When properly played, it is also the most exhausting. It requires the quickness and speed of the sprinter, the endurance of the cross-country runner, the strength and power of a first-class wrestler. In fact, when critically analyzed, football seems to be a sort of composite of many sports.

As to the proper style of training for an eleven, perhaps no two persons have exactly the same ideas. But in general there may be said to be two schools: the old and the new, or the old style and the new system.

The old school is one of Herculean labors and Spartan discipline. Its fundamental principle is, "Six days shalt thou labor." The idea of the old school is physical development and bodily discipline. The idea of the new school seems to be that sport is simply a recreation, and has no other use. "Work as little as possible" seems to be the new creed. Periods of rest are emphasized rather than periods of work. Three days shalt thou labor, and then not too hard. The aim of the new system is to train the men for the final match, to bring them to the highest physical condition by the end of the season, which sounds rational enough. And if there were only a single impor-

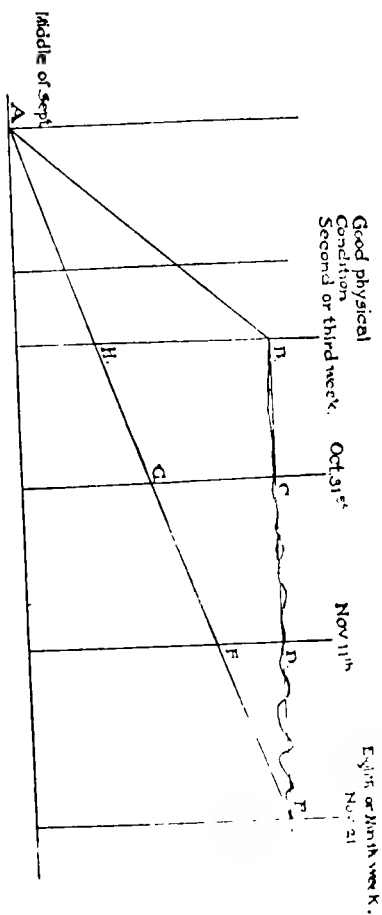
tant match to be played, the system would without doubt be best adapted to that end. But the theory proceeds from wrong premises altogether. Every one knows that an eleven plays at least two important matches before the end of the season, when the demands on the physical man are just as great as in the final game.

The two systems may be fairly well illustrated by Diagram 18, for whose suggestion the writer is indebted to Mr. W. C. Forbes, an ardent supporter of the new school.

Line A E will represent the new school, which aims at the highest physical condition at point E. Line A B C D E represents the old school, which aims at good physical condition at the end of the second or third week of training, and to take the team to E in the same condition.

Take two elevens. No. 1 will use the old system ; No. 2, the new system. Let the two teams play a match. At the point

Diagram 13



marked Oct. 31st the physical condition will be decidedly in favor of No. 1, and, besides, it will know more football, having played more. The difference in physical condition will be the line C G. Let them play Nov. 11th, the difference in physical condition will be D F. Suppose that No. 2 wins at point E Nov. 21st, which is extremely unlikely, No. 1 will have two victories to No. 2's one.

If the object be to win only the final match, it seems that the old system will be far better, as the No. 1 eleven must know more football, having played more, and will be in just as good condition. It has been urged against the old system that it is impossible to carry eleven men from A to E in good condition; that the team as a whole will come to the final game overtrained. The individual may go below the line occasionally, but the team as a whole must be better, because

the weaker individuals who are unfitted for the game will be eliminated early before the team is made up. The team training on line A E, the new system, is just as likely to be undertrained and lose half of its best men before an important match is finished. The team trained under the new system is more liable to injuries, because there is a great deal of friction and concussion in the game among the players and between the players and the earth; and to stand this without risk of injury, the men must have work enough to get hardened and toughened, and to obtain a large amount of endurance, since the intermediate matches are just as hard, and oftentimes more so, than the final one. As a matter of actual observation, the latter is unquestionably true.

A team trained under the new system will play with considerable life and dash while it lasts, but the team trained under

the old system stays, and comes in winner.

Let us notice some fallacies of the new system.

As an argument for less work, the case of athletic teams is often cited, where men train very little and still play very good games. Any reasoning by analogy from such cases is absolutely misleading. Men who play on athletic teams are, for the most part, old, matured men, many of whom have played on college teams for years. They would naturally have a strength and endurance and knowledge of the game which the youngsters in the schools must acquire by hard work and faithful, conscientious training. The boys must acquire what the men already have, therefore a different and more rigorous system of training is necessary.

The new system believes that an ignorant undertrained man is better than an experienced overtrained one. Let two

such men meet on the field, there is no doubt as to the result of the contest. Mind is greater than matter.

Comparisons are often made with training crews, prize-fighters, etc. But in such cases the training is for only a single contest, while in football the training must be for several important matches. Every practice is not a trial, as is urged, but only the lesser matches once or twice a week are properly trials, and surely in but few sports can any strong objection exist to such trials.

Another objection to the old style urged by the new style is the likelihood of injuries when men are played so much. That is true and not true. In the long run, there must be less injuries. Mr. Lathrop, in his very able article, says, "If we reduce by two the number of times a back is sent into the line, we certainly reduce by half the chances of his being injured." The only reply necessary is

that if the back is never sent into the line, there is no likelihood of injury at all.

What is needed in football is a method of training which is neither the "killing process" nor the drawing-room system, but the happy medium. That happy medium, to be effective, will necessarily be more closely allied to the old than to the new. It will be the old system. The "killing process" is not the old system, but an abuse of the old system.

The amount and kind of work a team should do will perhaps be best considered under mental training, as the two run into each other naturally. The problem in training is really how to do the work necessary to learn the game without impairing the physical condition.

2. *Mental Training.*—By Mental Training is simply meant the process of learning the game. One broad rule may be laid down for learning the game, and that

is to play it. An atom of experience is better than a world of theory.

There may be different methods of teaching men how to play the game; hardly any two coaches or captains will begin the season in just the same way. But each captain should have some plan, schedule, or method of teaching the game.

The football season covers a period of about eight weeks. The game must be taught within that time. Now, football is divided, as has been said, into the individual and the team. The first half of the season, the first four weeks, should be devoted primarily to the individual, teaching him the fundamentals and how to play his own position. Assuming that the season begins about the 18th of September, this work would carry the team until the second week in October; the balance of the season should be devoted primarily to the team, although it is often impossible to pick the team be-

fore the end of the third week in October. After this point in the season, the individual coaching should be done during the intervals or let-ups in the practice, or before or after practice. During the period that should be given to the team the old "Grads" come around, and the tendency is to neglect the team for the individual. The bulk of individual coaching should be done in that part of the season in which it should naturally come. If the "Grads" come late in the season, some arrangement should be made by which they can coach the individual without interfering with the development of the team.

So much in general. Now suppose the season begins Monday, September 21st. At that date all candidates for the eleven should report at the field prepared for work in fair physical condition. The man who gets into good condition thus early will find that he will have

quite an advantage over other candidates.

A few suggestions to the captain in settling his work for the season may not be altogether out of place.

The first day out the squad, upon going upon the field, should form a circle and pass the ball around. The captain and coach should notice each man, and see that he can make the simple, straight-arm pass correctly and catch the ball properly. Next, let the men line up in pairs, forwards with forwards, and backs with backs, and try a half-dozen mutual scratch starts. The purpose of this exercise is to make the men quick on their feet and to secure quickness and agility. That done, line the men up and have them fall upon the ball. Having them in line instead of a circle, the captain and coach can see that each man is taught how to do it correctly. Take a moving ball first, a ball moving from the player. Next

try a ball moving towards player from front.

The practice first day should be short, lasting not more than half an hour, and ending with a good brisk run of a distance of a mile and a half.

2d Day. (Three-quarters of an hour.)

1. Catching and passing.
2. Falling on ball. Ball moving away from player; towards him from front; towards him from right.
3. Six mutual scratch starts.
4. Two-mile run for the forwards.
5. Ten minutes' kicking for the backs and catching for the backs, with centre man to snap the ball, and quarter to pass to the man kicking.

3d Day. (One hour's practice.)

1. Falling on the ball—the previous kinds taught, together with a ball moving towards player from the

left and a ball dropped at his feet.

2. Passing and catching.
3. Sprinting starts.
4. Two-and-a-half-mile run for forwards.
5. Kicking, catching for backs, centre men snapping the ball, and quarter passing.
6. Two-mile run for the backs.

4th Day.

1. Practice starting with the ball. The centre men snap the ball, back for squads. There should be a good, sharp, hard sprint for fifteen yards. The aim is to train the eye so as to divine when the ball is going, so as to be able to beat it.
2. Catching punted balls by forwards and backs. Arrange these in squads and have the kicking backs punt to them. Begin with end of line, and have each man to

catch a punt in turn. He should be taught how to do it properly.

3. Falling on ball, one or two of all the different kinds of balls, and the dead ball from a dive in addition.
4. Forwards should be lined up opposite each other and taught the theory of blocking. The centre man should snap the ball, and one side rush through while the other blocks, and *vice versa*. While the forwards are doing this, the backs may be kicking and catching.
5. A short run for the whole squad of about two miles.

5th Day.

1. Few starts with the ball.
2. Catching punts for all.
3. Blocking and breaking through for the forwards.
4. Kicking and catching for the backs.
5. Falling on the ball.

6. Two-and-a-half-mile run.

6th Day.

1. Tackling dummy.
 - (a) The lift tackle.
 - (b) The dive tackle.
2. Falling on the ball.
3. Blocking and breaking through for the forwards. Kicking and catching for the backs.
4. Three-mile run.

So ends the first week of training.

7th Day.

1. Tackling.
2. Blocking, breaking through, and making holes for the forwards. Kicking, catching for the backs.
3. Pick out two elevens. Give them the simplest kind of plays and signals. Have each eleven go through the play and signals.
4. Two-mile run.

8th Day.

1. Catching, passing.

2. Dropping on the ball.
3. Signals.
4. Practise one fifteen-minute and one ten-minute half.

9th Day.

1. Tackling.
2. Blocking, breaking through, making holes.
3. Catching punt.
4. Signals.
5. Two-mile run.

10th Day.

1. Catching, passing.
2. Dropping on the ball.
3. The theory of position playing.
Each position should be taught by some one who knows how to play it.
4. Signals.
5. Two fifteen-minute halves.

The first ten days the fundamentals strictly have been emphasized. The captain should arrange to get in some work

in fundamentals each day. It will be impossible to take them all up in one day, but some can be taken up one day and some another. They are easily forgotten if not brushed up occasionally.

The first three weeks in October should be largely devoted to position playing and picking the team. The captains should do all their experimenting within that period, and the men be conditionally decided upon. Much straight football may be learned in the meantime. In that period, and that alone, should the coach be allowed to stop the play to coach the individual. "Wait a minute" can be allowed then, but not later.

The team should have two practice matches a week. These should make no difference in the ordinary practice, except, perhaps, when a pretty strong team is to be played there should be a slight let-up in the practice the day before, or no actual playing at all. However, on those days

there should be plenty of signals. All practice matches after the third week in October should be of the usual length, two half-hours.

The practice game with the second eleven should not vary very much as to the time of play from the matches.

Two twenty-fives, or one thirty and one twenty minute half, are not bad. Men must play the game in order to learn it.

About the 22d of October the team should begin preparations for the final matches, which generally come off the last of October, and little beyond mid-November. Team play then has the field. The team should begin to learn its *répertoire* of plays, signals, etc. It should be taught the theory and practice of offensive and defensive team work. In the odd moments, the individual should have all the expert coaching possible. The fundamentals must be recurred to occasionally, but team work now holds the boards. It

is the most difficult to obtain, and requires constant and untiring practice.

The captain should be just as careful not to underwork his men as not to overwork them. If an individual is overtrained or off his feed, give him rest; but for the team, hard work, and plenty of it, should be the rule. There is nothing that helps a man or a team more in the hour of supreme test or conflict than the consciousness of having done his or its work faithfully and well. "I deserve to win," "The gods are on my side," "I must and shall win." If each individual feels this by force of hard work, the whole eleven begins to feel, "We can't lose."

3. *Moral Training*.—From what has been said of physical training, it can be immediately seen that football is not a lazy man's game. It is needless to say that it is not a coward's game. If a man is afraid of overexertion or getting hurt, he had better play marbles. Football is

not his game, and no other athletic sport. A player may have strength in abundance, but without sand it profiteth him nothing. High moral courage and unconquerable spirit are the prime requisites of a good football player.

By moral training, as has been said, is meant the mental state, the spirit, of the eleven. The spirit of the eleven has to do with the execution, and execution is everything. Formation counts for little. It is not the play, but the stuff that is put into it, that makes it succeed. Without this spirit a team may know all that it is possible to know of the game, and may be in perfect physical condition, but cannot hope to win. It is one thing to know how to fight; it is another to be able to fight; but greater than either or both is the fighting spirit.

Each and every man of the whole team should enter a contest or match imbued with a just sense of the responsibility

resting upon him as the chosen representative of his school or college. He owes to her the very best and all that there is in him. Her honor, her athletic prestige, are at stake, and she demands nothing more nor less of her sons than that it be retrieved or maintained. Hence, the team should go upon the field with a *do-or-die* spirit, with a determination to win at all hazards. Each man's only thought should be "My school," "My college." He should play with all the snap, vim, and dash there is in him, with all the heart and soul that God has given him. Then there will be team work, an eleven playing in concert with a spirit and dash that are simply irresistible, knowing no such thing as fail, sweeping everything before it towards the desired end—victory for alma mater.

This morale, this athletic spirit, comes partly from within and partly from without. For the presence or absence of this

spirit in the team the college is largely responsible ; and while the team may and must contribute something, yet it can never make up what the college fails to give. What the college is, the team will be. For the team is simply a part of the college. If the college or school is indifferent, the team that represents it will be more or less so, according to the temperament of the individuals that compose it. The college, like the larger world about us, is composed of many nations. Like the ancient or mediæval world, it is in a perpetual state of war. Each has its little standing armies, that go forth year after year in quest of fame and glory for alma mater.

History shows that the nations which have been the most efficient in fighting power, whose armies have dazzled the world by the brilliancy of their victories and the extent of their conquests, are those in which the citizens have been the

most public-spirited and patriotic. *Civis sum Romanus; pro patria mori* was the creed of the greatest nation of antiquity. "France and glory" and the "Marseillaise" were the inspiration of "the most warlike blood of Europe." If the citizens have the spirit, the army will have it; for they are the army.

So, if the students in our schools have this spirit, the team will have it, for the same reason.

Teams often complain, with good reason, of lack of support on the part of school and college, and they cannot help but be affected by it. On the day of the match they may be in a spasm of enthusiasm, and more than likely the playing of the team will be spasmodic.

There seems unquestionably to be a sort of decay in college spirit. It is now vulgar and ungentlemanly to "root" for your team, to shout yourself hoarse for the college. Individualism and indifference

seem to possess some of our schools and colleges. Individualism should have no place in a college, which from its very name is an association of fellows engaged in a common pursuit, learning. It has never done anything for the world. It is opposed to that highest of all principles, altruism, which has done so much for humanity. Indifference is sometimes mistaken for a philosophical temperament and great intellect. On the contrary, it is nothing but rank stupidity, and, when reduced to its ultimate analysis, is cold selfishness.

What ought to be the attitude of the school or college towards the team? It ought to be one of intense interest, of feverish and explosive enthusiasm—one that gives to the eleven, nine, or crew the whole-souled, hearty support of the college, not one day, but every day in the college calendar. There should be a public sentiment so strong as to bring out

every available candidate for a team. With this whole-souled support, the college will be in a position to demand of her team victory. College spirit only can produce team play, and team play alone can achieve victory.

THE END



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